

Testimonials from health care professionals who have practiced Equilibre with Sophie Caballero and appreciate the effectiveness of this unique mind-body discipline:

“Sophie has an insightful ability to see the core needs of individuals and help them achieve noticeable results. I have benefited tremendously from Sophie’s work.” – Assia Stepanian, MD, gynecologic surgeon and Concourse Athletic Club member

“Wonderful rebalancing, using gentle techniques.... We learn to breath and relate to our body the way we are supposed to, in freedom rather than survival mode; letting go of hidden tensions that contribute to chronic stress and pain. Sophie works with integrity and intelligence.” – J.P. Demetry, Ph.D.

“The way Sophie transmits her knowledge is through our experience with our body – which never lies. It is much better than any theoretical explanation.” – Elisabeth DeLaet Bertoni, M.D.

Register Today

Individualized Instruction: Class size is limited to a **maximum of five** to ensure a comfortable, safe environment where participants can have one-on-one attention and dialogue with Sophie Caballero.

Days and times: Class meets every Thursday from 1:30pm to 3pm. 1 month (4week) commitment required. Sample classes every Tuesday and Wednesday: 1:30pm to 3:00pm

Registration Fee: \$180 for members and \$200 for non-members for a 4-week program – an investment in long-term health and fitness.

Information and registration: Contact Sophie Caballero at 404-539-7954. For more information, visit www.EquilibreNOW.com.

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Register Today. Space is Limited!


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ATHLETICCLUB
www.ConcourseClub.com

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8 Concourse Parkway NE, Sandy Springs



5-Person Group Class
One-On-One Guidance

*Regain your ability
to practice the sports you
love pain-free*

*Learn to release deep
tension that contributes to
chronic stress and pain*


C O N C O U R S E
ATHLETICCLUB

The Equilibre Workout Is Your Foundation For Fitness

giving you flexibility, pain relief and increased vitality

How it works: In an Equilibre class you practice gentle therapeutic movements combined with a deep awareness of your body.

You permit your breath to follow its natural rhythm while you experience complete relaxation.

Throughout the class you are guided through the process of training your brain to allow an unrestricted flow of life-nourishing fluids and oxygen. Your muscles lengthen and your joints become lubricated.

The Equilibre program is based on a total body vision and knowledge that when the mind connects with the body in a healthy way, the nervous system can rebalance and restore itself.

The result is greater flexibility, freedom from pain and a profound sense of harmony throughout the body.

Once rebalancing takes place through the practice of Equilibre movements and awareness, the results can be lifelong, and it can become natural to tap into a deep source of calmness, energy and vitality that enhances everyday living.

Who Equilibre classes are designed to help: These classes are beneficial for active people facing high-stress demands as well as for people suffering from a wide range of debilitating diseases and conditions including arthritis and joint pain, backaches, sciatica, frozen shoulder, carpal tunnel syndrome, headaches, sinusitis and TMJ, to name a few.

Equilibre is excellent for people who have undergone surgery or trauma and are trying to restore mobility and sensation to affected limbs. The classes can also be taken as follow up to a physical therapy regimen.

Equilibre is designed to allow you to continue to enjoy the sports and activities you love... and inspire you to live more fully with restored fitness and energy.

About the class: The Equilibre program uses simple tools like small balls and cushioned rods that help massage muscles and surrounding connective tissue.

When placed beneath strategic points such as gluteus muscles, trapezoids, back extensors, the sacral iliac suture, hip muscles, hamstrings, calves and feet, the balls or rods stimulate a deep, penetrating massage that reaches the body's multiple muscle layers.

In each class, a series of simple and extremely effective exercises are performed from standing positions or lying on the floor on yoga mats with supporting pillows. No special equipment or attire is required – only comfortable clothing.



Equilibre Founder Sophie Caballero



Sophie leads the Equilibre classes she developed based on 15 years of experience as a health facilitator for individuals and groups in France, Italy and Spain.

She is a certified practitioner of Craniosacral Biodynamics Therapy, Shiatsu and Anti-Gymnastique, a technique developed in Europe to restore a full lifestyle to people who had been incapacitated by chronic pain and limited mobility.

Sophie founded Equilibre, a therapeutic counseling practice blending the three therapies in which she is certified and drawing on her comprehensive knowledge of human anatomy.

Her practice was launched in Europe by physicians whose patients lived with chronic pain believing they had exhausted every possible means of dealing with it. In many cases, the issues patients had endured for decades were reversed after working with Sophie.

When Sophie moved to the U.S. in 2007, she introduced her Equilibre practice in Atlanta and was encouraged by clients to offer therapeutic classes that would allow them to extend their experience and give others the opportunity to enjoy remarkable health benefits.