

Sisters bring nutrition therapy, wellness and barre

By T. Lee Brown
Correspondent

Cindy Miskowiec is new to Sisters. She grew up in Florida, got a degree in psychology, and moved to Hawaii and Albuquerque. No matter where she landed, she danced, especially ballet. “I danced throughout my whole life,” she told *The Nugget*.

Then came 2012, when she moved to join her sister Christie Reid in Central Oregon.

“I didn’t really start getting into the nutrition and wellness aspect until I moved to Bend,” Miskowiec explained. “Based on things that we were going through in our lives, we both decided to get more into nutrition and health.”

More specifically, “We’ve learned to enjoy life while dealing with the loss of our mother, divorce, custody battles, alcoholism and depression. Each of these things led to an unhealthy lifestyle and we decided to make positive changes in our lives.” The two revealed this personal backstory on their website.

Miskowiec began dancing at Terpsichorean Studio in Bend and obtained a certification in nutrition therapy

through Central Oregon Community College. Next came barre, a movement and fitness form which interested her “because it was dance-like,” though today her teaching style focuses on strengthening rather than dance moves.

Certified in fitness nutrition by the National Academy of Sports Medicine, Miskowiec became certified as a Barre Above Instructor in 2017. Meanwhile, Reid worked as a Jazzercise teacher and studied health coaching.

Together, the sisters formed Synchronicity Wellness.

“We focus on healthy, local foods—so the farmers market is great for that,” said Miskowiec. “My sister and I, we just like to share our knowledge and our experience with people. Exercise makes people happy. We like to share that with people.”

Synchronicity Wellness aims to help individuals “reach realistic goals and live happy, healthy lives by using a holistic approach to wellness.” Reid and Miskowiec note that nutrition is key. They believe people can enjoy healthy delicious food “without breaking the bank,”

lose weight with fitness programs that are fun, and manage stress with simple tools.

“We help people of all ages make smarter food choice and to see how what you’re eating can affect your mental health, your overall wellbeing,” Miskowiec said. “We try and make it simple, with meal plans. We add in more fruits and vegetables and healthy stuff.”

She and her husband moved to Sisters from Bend last November.

“Living in Sisters now is great,” she said. “I love the community here. It’s been great teaching in Sisters. In the classes I teach at Life. Love. Yoga., people seem very grateful to feel better.”

Newcomers to yoga, barre, and dance can try out barre at Miskowiec’s two Yoga in the Park dates.

“My classes are all low-impact,” she said. She described her approach to barre as being closely related to Pilates, a popular modality focusing on core strength.

“It’s more about strengthening and toning; it’s not really dancing,” she said. “You don’t have to have any dance experience. It’s a welcoming environment.

“We don’t worry about steps or feet or any of that!” she added with a laugh. “It’s about toning your whole body and it really gets you in good shape. It’s fun! Everybody seems to love it.”

Synchronicity Wellness will bring a booth to Sisters Farmers Market on July 14 and 28 at Fir Street Park, 11 a.m. to 2 p.m. Sisters folks are welcome to walk up and learn more about the sisters’ approach to nutrition, fitness, and health.

Miskowiec will teach barre at Yoga in the Park on July 14 and 21. Part of Sisters Farmers Market’s new programming, this casual outdoor yoga and fitness program takes place at 11:30 a.m. on Sundays in Fir Street Park.

Participants should bring two thick towels or a yoga



PHOTO PROVIDED

Cindy Miskowiec.

mat and one towel, plus sunscreen and clothes that allow for movement. The program is free, but an optional donation of \$5-10 is suggested.

Miskowiec teaches her Barre Above classes at Terpsichorean Dance Studio and InMotion Training Studio in Bend, as well as Life.Love.Yoga Studio in Sisters. Synchronicity Wellness accepts remote clients through Skype and the Internet, along with in-person clients in their Bend office. Those seeking consultations in Sisters may call Miskowiec at 541-410-2826.

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