
Balance and Flexibility for Healthy Aging

OSHER 453-002

Dates: Thursdays, 4/2/15 – 5/7/15

Times: 11:00 AM – 12:00 PM

Location: Cancer Wellness House, 59 S. 1100 E., SLC

Instructor: Maria Zike 801-699-2477 FindingBalanceMaria.com

Course Overview

Maria Zike uses knowledge gained from an M.S. in Gerontology, a certification in Yoga Therapy and 19 years' experience as a Muscle Therapist to design this class.

Each class will begin with core and breath work on the floor and then will transition into various weight-bearing yoga poses designed to establish and increase balance. These poses cater to various levels of abilities and are friendly to the knees and spine. We will not be standing on our heads or imitating pretzels.

Next, we will return to the floor for a restful pose or two to increase flexibility. This part of the class may be your favorite! Each week we will focus on gently and gradually stretching the spine, neck, hamstrings, or other areas of need.

Each class will build on what was covered in the last one to create noticeable improvement in balance and flexibility at the end of the 6-week session. All necessary props will be provided, and classes take place in a comfortable office space.