

DOES THIS LOOK LIKE YOU?



STARTS  
FEB 20



# BETTER BALANCE

Monday and Wednesday  
11:15am-12:00pm  
Meditative Studio  
Instructor: Jane Stoudt

Having a strong sense of balance increases proprioception and body awareness, boosts confidence and self-esteem and can prevent future injuries and falls. The Better Balance class creates and cultivates balance by focusing on foundational poses that hold the keys to proper alignment, muscular engagement and mental focus.

## Benefits of Balancing

- Improves balance and proprioception (the sense of where your body is in space)
- Increases body control and accuracy of movement
- Allows us to activate the deep muscles that integrate different parts of the body to work together
- Enhances coordination
- Increases body awareness
- Strengthens the feet, ankles, knees, legs and hips
- Stabilizes the core
- Improves posture
- Reduces your risk of injury
- Builds determination and perseverance
- Enhances focus and concentration

