

DOES THIS LOOK LIKE YOU?



# BETTER BALANCE

Monday and Wednesday

11:00am-11:30am

Meditative Studio

Instructor: Janene Papendick

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

