



FOREVERWELL BETTER BALANCE

MONDAY & WEDNESDAY

11:00-11:30AM

MEDITATIVE STUDIO

INSTRUCTOR: JAN HILL-STEINER



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