

Seniors Balance Class



Learn to be better balanced in your body, and more aware of your strengths and possibilities.

Learn techniques that improve:

- ◆ Circulation & Blood Flow
- ◆ Breath Control
- ◆ Balance & Flexibility

The class combines content from:
Tai Chi, Qigong, Yoga & Physical Therapy

Our attitude is one of the positive affirmations that focus on our healthy bodies getting stronger and more vital.

WHEN: Every Friday

TIME: 4:30 to 5:00

INSTRUCTOR: Mark Barber

(72 years old, 30+ years of experience & recently recovered from Hip Replacement surgery)

COST: \$60 monthly



PETALUMA ACADEMY OF MARTIAL ARTS

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