

Aquatic Exercise for Arthritis, RA & Fibromyalgia



Come Join Us!

When? 7/14/13 @ 1 pm

Where? 14628 Martha St., Sherman Oaks, CA 91411

Outdoor Warm SALT Pool Surrounded by Serene Garden

Course Objective:

This class will provide both women & men of ALL ages living with **Arthritis, RA & Fibromyalgia** symptoms a comprehensive exploration into the world of aquatics. Participants will adapt a deeper understanding and utilization of self guided techniques, positive visualization and soft gentle movements for general relaxation, decreased pain and stress reduction. The roots of this class stem from the techniques and principles of **Water Tai-chi, Yoga, Watsu® and Aquatic Therapy**. Properly learned aquatic techniques will empower women and men to reach their optimal state of health, relaxation and well-being for years to come.

SCHEDULE

1pm-1:30pm	Brief Introduction
1:30pm-2:20pm	Pool Time – Group Class
2:20pm-2:30pm	Closing Circle and Q & A's

Host: Haydee Sedlmeier

Instructor: Elina Root

Class Description (50min):

A professionally trained aquatic and massage therapist will guide this unique water exercise class, which will be a blend of various techniques such as **Water Tai Chi, Water Yoga, and Deep & Shallow Water Exercises**. We will be focusing on **deep diaphragmic breathing, proper body mechanics, balance and stabilization training, core and spinal strengthening and safe stretching**. This class is suitable for **ALL ages** and **beginner to intermediate** fitness levels. Most injuries or conditions will be accommodated to suit your needs.

Friends & relatives are welcome! Bring your bathing suit and towel. To maintain pool cleanliness, please avoid wearing any creams, body lotions/oils, essential oils, perfume or cologne PRIOR to entering the pool.

Please RSVP to: elina@aquacareforme.com OR (310) 210-0624

www.aquacareforme.com