

Dynamic Balance & Stability

Group class for people experiencing instability or falls.

EVERY MONDAY

12:00 - 1:00pm

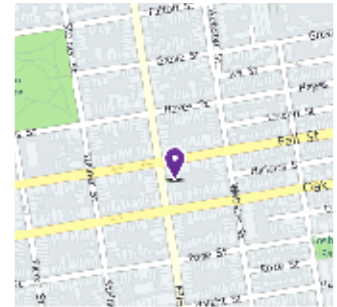
Kelly Ariagno, PT

Physical Therapist and Yoga Teacher with over 15 years of experience in neurological rehabilitation & therapeutic yoga instruction.

Location:

The Center SF

548 Fillmore Street
(between Oak & Fell)



About this class:

Our ability to maintain balance is dependent on a complex system which includes sensation, vision, strength, flexibility, posture, equilibrium, coordination, depth perception, hearing, and the ability to multitask. If any of these components are compromised, balance may be affected.

This 60-minute group class will strengthen all of the systems required to maintain balance and will incorporate exercise, yoga, mindfulness techniques, fall prevention, fall recovery, and other modalities such as Feldenkrais, Tai Chi, Qi Gong, gaze stabilization techniques, music, and more.

Rates:

Drop in: \$18

5-class pass: \$85

10-class pass: \$160

Introductory Offer:

2nd Class FREE



If you need assistance to walk, please have a caregiver attend class with you for your safety.

For more information:

www.kellyariagno.com

integrativephysio@gmail.com