



What does a *BALANCE* class consist of?

BALANCE is a 55 minute group workout along with music. The combination of Yoga, Tai Chi and Pilates exercises are designed to greatly improve your physical and mental wellbeing.

Advantages of *BALANCE* training:

- Better flexibility of the joints, and greater reach during movements.
- Better lung and heart functioning
- You burn a lot of calories
- Your level of stress is drastically reduced
- You feel a great sense of peace after training
- Promotes a greater awareness of self and levels of concentration through breath control



What does a *BALANCE* class look like?

A *BALANCE* class is a two-sided training. The first 45 minutes is concerned with doing a series of exercises and the last 10 minutes you relax and practice meditation. During the class the following 8 areas will be covered:

1. *Tai Chi Warm-Up*: To begin, a few tai chi movements are made to prepare your body for the *BALANCE* workout.
2. *Sun Salutation*: You make various stretching movements following the Yoga tradition.
3. *Yoga Standing Strength*: Here you will practice yoga exercises for strength.
4. *Balances*: These exercises will improve your balance and your capacity for concentration.
5. *Hip Openers*: This increases flexibility of your hip joints and lower back through stretching exercises.
6. *Core Workout*: Here you train your stomach and back muscles with yoga and Pilates exercises.
7. *Twists & Forward Bends*: This will increase the flexibility in your hamstrings and back.
8. *Relaxation & Meditation*: To cool down, you practice these for about 10 minutes.

JOIN OUR *BALANCE* CLASS AT SANTAI TODAY!

**The Balance classes will be given behind BLUES
every Wednesday morning @ 7:30 :**

Cost: The classes will be \$ 6, = p/p

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