

Feature **New Class with Tina Mahacek**

FEET: FOUNDATION FOR BALANCE AND STABILITY – NEW SERIES

Tired of wobble? Find yourself tripping? Freezing up when you think you might fall? We have something for you.

Starting with the feet, we will begin to improve our balance and stability. Our feet have 26 bones designed to adjust to every surface. However, after years of wearing shoes and walking on flat surfaces, our feet have forgotten their flexibility.



A series of lessons will show you how to awaken your feet to their potential. Your feet are your first connection to the surface. With so many moveable bones, they are our first responders to avoid a fall.

This new series will build up from the feet, through the ankles, knees, hips, pelvis, spine, ribs, shoulders and neck, to restore each of their capabilities. Our goal is to enable all parts of our body to work together to restore balance and stability. You will find that these lessons make unexpected improvements to your movement in your everyday life.



For the new series starting May 4, 6, and 8, please bring a top sheet. You will be asked to bring various other simple props to assist your improvement.

These lessons are based on the work of Ruthy Alon's Movement Intelligence.

Updates from students attending last month's classes:

- *Learning how to unlock my rib cage and open it up using the techniques you have shown us is amazing. This has greatly helped my breathing and I do it each morning in bed. CM*
- *The classes on ribs greatly increased my ability, when driving, to turn easily and check my blind spot. JJ*
- *Could not walk downhill without pain in my knees. The progressive addition of all the parts (softening the knees, rocking the hip, lengthening the lower back and neck) have given me back a very joyful part of my life. MM*
- *After a long day of tourist sight-seeing, my back hurt. I sat on a bench and did some spine exercises. My sore back was relieved and I went on to an evening of fun. JL*
- *At my last doctor visit, my height was unexpectedly a half-inch taller. I attribute this to these lessons. JB*
- *I used to have no balance standing still with eyes closed. Now my balance is great with eyes closed. Pain from my neuropathy has diminished. CR*
- *Getting up from the floor is easier. JK*
- *After years of rheumatoid arthritis, I would "stutter-step" getting into the car and wobble. Now I have simply been stepping into my car. Very significant. LG*
- *Tina makes everything fun and beneficial. JM*
- *I have improved my balance and eased my low back pain. I am more aware of my skeleton and how to use it, instead of just muscles, for balance and walking. Participating in a class keeps me interested in exercise. AW*

