

The Bare Bones of Physical Mastery

Introduction to Safe Falling

Open to all levels of fitness

October 17th Saturday - 11:15am -12:15pm

What are your beliefs about falling...be willing to install new beliefs forged with knowledge based movement practice!

Developing Strength of mind challenges the fear factor
Gain independence and freedom that enhances all activity.

Falling is not an inevitable result of aging and *just* happens.
Reinforce confidence in your body knowledge .

Learn mind /body principles enhancing movement, balance
and agility to catch the “unexpected “with ease!

At Arizona Aikido's Dojo
939 West Camelback Rd.
\$10 donation

Co -Presented by Jim Carter (Black Belt Aikido) and Annetta Luce (MA in Dance ,Certified Movement Therapist)

To Book & More Information call Annetta 407 575 2126

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