

Falling Workshop

The Art of Injury Prevention

Saturday November 16th

11:30 am – 1:00 pm

YogaLane, 4525-B 220 N.

(Battleground Ave.),

Summerfield, NC 27358



Damage from falls can cripple or kill. Many suffer fractures, broken bones, and fatal injuries to the head. As we age, falling is one thing we're all going to do. Learning to fall safely and confidently may be the most important health practice of all and it's never too soon to start. In this workshop we'll practice ground-falling techniques in a safe, padded environment. We'll also learn exercises that strengthen the body parts typically injured when falling.

Falling practice is a great workout for the entire body and reduces fragility, the chief reason for serious injuries. People from 18 to 83 have participated in this training without injury and graduated with confidence! Wear sweats or other thick workout clothes. *No previous experience required.*

*****90-minute class is \$49.00 YogaLane monthly members, \$55.00 non-members.
Class size is limited. Register at (336) 298-1119 by November 14th.

Your instructor, Eric Reiss, has fifty years experience in the martial arts including Judo, Ju-Jitsu, and Tai Chi Chuan!

