

# YogaWorx for Arthritis

*Help yourself to Health*

**A short course in Yoga exercise and relaxation for Beginners  
Offered in two parts**

**YogaWorx for Arthritis** – A six-week course incorporating gentle stretching and joint limbering exercises, simple yoga postures and relaxation.  
Cost - \$30

**YogaWorx for Living well** – A four-week course following on from the arthritis course, introducing meditation and home practise.  
Cost - \$20

## **The Course**

This program of yoga-based exercises has been designed for, but is not limited to, arthritis sufferers. As we age the articular cartilage in our joints starts to wear and movement can become painful, by nourishing the joints through regular gentle exercise we can minimise further cartilage degeneration and greatly improve our quality of life. Other benefits of yoga include; Improved posture and concentration, relief from chronic conditions, improved sleep and ability to relax. All the yoga postures are safe and modified to suit people with a limited range of movement; many of the exercises are chair based.

It is anticipated that at the end of the ten-week course, class participants will have learned a short exercise routine that can be safely practised at home.

## **The Teacher**

Geraldine Michell qualified as a yoga teacher in 1994 at 'The Yoga for Health Foundation' in the UK and has been teaching for 12 years.

A member of the 'Yoga Teachers Association of Australia' Geraldine also holds a Certificate III in Fitness and recently received accreditation from 'The Lewis Institute' Melbourne for the successful completion of an "Arthritis for Yoga Teachers' course.

**Where:** Ballarat Community Health Centre - Sebastopol

**When:** Commencing Tuesday 2<sup>nd</sup> February 2010

**Time:** 12 noon – 1pm

**Enquiries:** Geraldine - **0422 559 359**

**Bookings:** Ballarat Community Health Centre – **5338 4500**

**Please wear loose comfortable clothing to class  
BOOKINGS ESSENTIAL**