

# JOIN US FOR A FREE INTRODUCTORY CLASS OF.....AGELESS GRACE

\*Anti -Aging exercises almost anyone can do

\*A brain health program for everyone

\*Tools for Lifelong Comfort and ease

The Ageless Grace exercises focus on the healthy longevity of the body, mind, emotions and spirit All the exercises are practised sitting in a chair and are movements that are natural and organic.

The program focuses on different anti-aging techniques eg. Joint mobility, spinal flexibility, right-left brain coordination, cognitive function, balance, confidence, memory/recall, creativity and imagination. Created by Denise Medved, the program consists of 21 simple exercise Tools designed for all ages and abilities.

The Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed or down on the floor. Almost anyone can do them, regardless of most physical conditions.



- There is no pressure to do any more than you can manage.
- All the movements are done sitting in a chair, to music and requests are welcomed.
- Classes are charged on a “pay as you go” basis at R40 per class which last 40 – 45 minutes.
- Wear comfortable clothing that doesn’t restrict your movement.

*Looking forward to seeing you there*

*Pat Sinclair – Ageless Grace Educator (Tel:0833662790)*