

Mind/Body Classes at the Aquatic Park Fitness Center

TOUCHING PEACE & JOY *Mindfulness in Daily Life*

It's no secret: optimal fitness and health engage body spirit and mind, as one. One of the most popular of such techniques today is mindfulness. Now, the Aquatic Park Fitness Center is inviting its neighbors to see for themselves.

In a nutshell, mindfulness is a state of intelligent alertness, presence of mind. No heavy lifting - but with effort it can work wonders.

Among its ample benefits, mindfulness can improve well-being, lessen stress, sharpen concentration, nourish creativity, and increase productivity. It's also a potent vehicle of emotional intelligence, enabling us to deal skillfully with difficult situations.

Our eight-week course will introduce you to mindfulness and show you how to integrate it into your daily life.

Mark your calendars: Tuesdays, 12:05 to 1:00 pm, February 7 to March 27th. Cost: \$200, \$180 for Aquatic Park Fitness Center members. Discounted group rates available. We offer a sliding fee scale for those that meet financial eligibility guidelines. Pre-register by phone (415-923-4482), email (JimSpinelli@SFSenior.com), or drop by 890 Beach Street (at the foot of Polk) downstairs.

Instructor Gary Gach has taught at Asian Art Museum,

Blue Gum Insight Meditation, Bodhi Heart, Church for the Fellowship of All Peoples, Center for Conscious Living and Loving (Clove & Clive), Green Gulch, Nalanda West, Spirit Rock, Sydney Zen Centre, San Francisco Zen Center, and Stanford. He is author of *The Complete Idiot's Guide to Buddhism* (Nautilus Book Award) and editor of *What Book!? Buddha Poems from Beat to Hip-hop* (American Book Award). He's also a Bay-swimmer. He teaches in the tradition of Vietnamese Zen Master Thich Nhat Hanh.

optimize your life

**Coming to Aquatic Park Fitness Center on
Thursday February 23rd**

T'ai Chi Chih

A moving meditation

Give yourself an hour of feeling
Just wonderful

T'ai Chi Chih is a series of 19 movements and 1 pose; together they make up a moving meditation that balances the vital energy within us - what the Chinese call chi.

This self-healing practice:

- **Develops focus and awareness.**
- **Nurtures energy, flexibility and creativity in body and mind.**
- **Creates a sense of balance, serenity and well-being leading to "joy through movement."**

The movements are slow and easy; people of all ages and abilities can do them either standing or sitting down. Very little space is needed and they can be done wherever you are, at whatever time of day, in your pajamas or in a business suit.

Patricia Bourne has been practicing T'ai Chi Chih for 15 years and has been accredited to teach for 14 of them. She has been a university teacher and researcher for even longer, but now practices teaching T'ai Chi Chih.

What: An 8 week series of classes

When: Thursdays from February 23rd thru April 12th 2012

Time: 9:30 am

Where: Aquatic park Fitness Center, 890 Beach St, SF, CA, 94109

Cost: \$5.00 per session general public, \$3.00 per session Aquatic Park Fitness Center members

For further information

or to register call Jim Spinelli at 923-4482 or email

jimspinelli@sfsenior.com

Alexander Technique Lessons

Aquatic Park Fitness Center is pleased to announce that Antonio Tudisco, Certified Alexander Technique Teacher, will offer private lessons here at Aquatic Park

Join Antonio for a free introductory Alexander Technique workshop on Tuesday, February 21st from 1:00 to 3:00 pm

**To register call or e-mail Jim Spinelli
415-923-4482; jimspinelli@sfsenior.com**

Wear comfortable clothing, Yoga mat and towel recommended

Master the Art of Movement with the Alexander Technique

Learn how to enhance your quality of movement and performance in all spheres of life, ranging from any everyday activity such as Sitting, standing and walking to more skilled activities like running, bicycling, exercising, or playing a musical instrument. In time, you will move with more freedom, efficiency, grace and fluidity.

Each lesson is designed to meet your goals. You will be guided with verbal and tactile cues which serve to elicit a new, freer movement experience.

Success in reaching your goals only requires patience, practice an open mind and a willingness to learn. The learning process has the potential of being a rewarding journey of self-discovery.

Antonio Tudiscois is a Certified Alexander Technique Teacher and a licensed Physical Therapist Assistant. He brings his combined knowledge and experience in Alexander, Physical Therapy and Martial Arts to your lesson.

Fee is \$75 per 1 hr. lesson (\$25 discount if 5 lessons are purchased in advance). Antonio offers a sliding fee scale for financially eligible Aquatic Park Fitness Center members.

In your lessons, you will also learn:

- how your body is designed to function
- how to preserve your joints and spine
- how to Improve performance without strain, pain or excess tension
- how to Prevent Repetitive Strain Injury (RSI)
- how to recover from RSI, neck, back, shoulder, hip and breathing disorders

Contact Information

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phone: 415- 923-4482

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