

Your Instructor

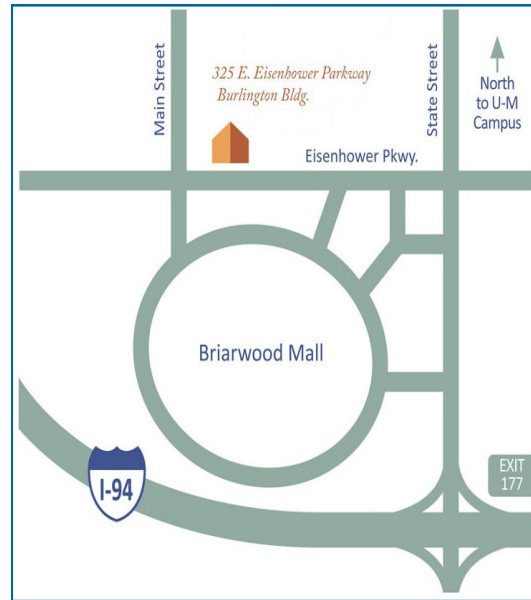
Karen Kleiner, NCTMB, Certified YogaFit® instructor has been teaching yoga at the Spine Program for over 6 years. In addition to her yoga instruction, she is also a certified massage therapist in our department.

YogaFit® is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on hatha yoga, it blends balance, strength and flexibility in a fitness format. YogaFit® overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. The YogaFit® style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension.

Policies:

1. Individuals can pay by check or credit card. Participants must register prior to attending class.
2. Full and/or partial refunds are provided for the following reasons:
 - a. Injury or illness. A doctor's note must accompany a written request for refund.
 - B. Fitness level required by the class proves inappropriate for the participant. The participant must make this decision within the first week of the class.
3. Missed class: you can attend another class within the same session (time period) to make up a missed class. If the class cannot be held due to instructor absence we will provide a class credit for the next session. No refunds will be applied.
4. If a class is canceled, we will make every effort to contact participants via e-mail or voicemail.

Map



UMHS

Department of Physical Medicine & Rehabilitation
Physical Therapy/Occupational Therapy
325 East Eisenhower Parkway
2nd floor
Ann Arbor, MI 48108
734-763-4990 or brittm@umich.edu

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Yoga



University of Michigan
Health System

Department of Physical
Medicine and Rehabilitation

Yoga

Our class was developed to introduce the fundamentals and discipline of basic yoga postures to individuals **with and without** musculoskeletal limitations. Using Hatha Yoga as its foundation, the participant will be exposed to poses and movements that are expressed in yoga. As with any form of yoga, the focus is to create a safe and effective exercise experience that promotes spinal mobility, strength, balance, flexibility, and relaxation.

Other Benefits Of Yoga

- Greater mind-body (kinesthetic) awareness
- Increased muscular strength and tone
- Improved flexibility, mobility and decreased stiffness
- Improved posture and alignment
- Improved balance
- Improved circulation

Who Can Do YOGA?

Whether you're finishing physical therapy or wanting to begin an exercise program, our yoga class is an excellent way to get started.

Class Description:

A class focusing on the foundational principles and exercises of yoga. Ideal for the person who has little to no yoga experience, has recently been discharged from physical therapy or is getting back into an exercise program.

- Classes meets 1x/week
- Classes are limited to 8 participants, allowing for special attention to performing yoga poses correctly.
- Class is held in the aerobics room near the gym area on the 2nd floor
- Pre-registration is required.

**With time and practice,
yoga makes the body
limber, strong and
improves posture.**

2012 Spring Sessions

2 classes to choose from:

When: Wednesday, 4/25 - 6/13

Time: 6:15 -7:15 pm

Cost: \$110 - UM*

\$120 - Non-UM

*UM include UM staff, students & retirees.

When: Thursdays, 4/26 - 6/14

Time: 12:15 - 1pm

Cost: \$85 for all

Visa, MC, Discover and checks are accepted on the first day of class.

For more information:

www.med.umich.edu/pmr/patient/classes.htm

(734) 763-4990 or e-mail brittm@umich.edu

