



THE **LEAN** BERETS

AVENGERS OF HEALTH!

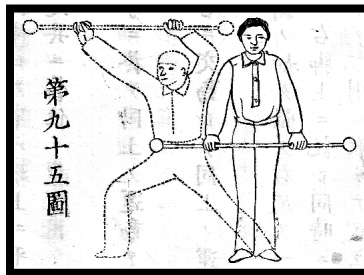
“The Art of Restorative Movement”

-Introduction to Health Wands Class-



By Ron Jones, MS, Historical Kinesiologist, Corporate Health & Movement Coach

“Health Wands” are lightweight poles whose use originated in ancient China then spread globally. Vintage wands were one of the most popular “restorative” fitness tools during America’s Golden Age of Fitness from 1885-1920. These important tools and movements have been proven by time to be effective and are even more important for today’s technology driven world that suffers from posture-related pain and injuries. Through simple movement patterns, users flow through bending, twisting, & stepping movements to create strength, health, & vigor while improving joint mobility, coordination, and brain health. Six historic fundamental movements will be taught along with a fun section on how to create your own patterns while using music. **All levels of ability are welcome and suitable for youth age 12 or older.*



Place: Alameda Park Gazebo Grass Area, 1400 Santa Barbara St., SB, CA 93101

Date: Saturday, October 29th, 2016

Time: 10:00-11:30 AM

Cost: \$20 instruction fee. (cash or check)

Gear: **Loaner wands will be provided.* Solid hickory wooden wands will be available for optional purchase following class for \$30/each.

Instructor: Ron Jones, 661.993.7874, ron@ronjones.org

Questions on Wands or Restorative Art Movements? Please contact me! 😊