**MEDITATIVE MOVEMENT**

Did you know that a major reason adults lose their independence is falls and the fear of falling?

Meditative Movement is a program of gentle, controlled movement designed to improve balance and stability. Created by Sensei Robert Bilek, black belt practitioner of both Karate AND Aikido, the program of movement and breathing is designed for adults of any age or mobility- as it can be performed sitting or standing, even if you use a cane, walker or wheelchair. No special equipment is required.

Use your normal clothing or check out [**www.phoenixrisingkarate.com**](http://www.phoenixrisingkarate.com) for discounts on cool pants and shoes bundles.

The strength, stability, and balance movements Meditative Movement contains are designed to improve balance – a key factor in falls prevention.

* **Meditative Movement was developed to create gentle movements of the joints while increasing balance and stability.**
* **Strength exercises are simple and use opposing muscle groups to promote stability and balance.**
* **Contracting muscles may even assist in circulation, continence and help the lymph nodes.**
* **Breathing exercises while moving promote a relaxed mental state and may help with releasing tension.**
* **Meditative Movements give you a chance to learn something new and interact with others.**

Please consult your physician prior to beginning any new program. The movements have several modifications to fit any skill level and limitation. Even individuals who require a cane, walker or wheelchair can still benefit from the modified movements. Please inform the instructor of any concerns or limitations you may have.

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Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Emergency contact name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List and medications or surgeries or limitations you may have (optional):

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**Choose one option: Cost is $50 a month \_\_\_\_\_\_\_\_\_\_\_ $135 for 3 months \_\_\_\_\_\_\_\_\_\_\_\_**

I understand that Meditative Movement involves physical activity and the risk of injury. With this appreciation, the undersigned hereby agrees to waive, discharge and hold harmless the instructor from any claims for personal injury in any way related to participation in the Meditative Movement classes.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_