

Woodstock Recreation & Brian Walsh's American Martial Arts Training Academy Present...



Seniors Kenpo Flow for Health

Ages 60 & Up
\$35.00 pp (6 weeks)

Dates: Wednesday Mornings from April 27 through June 1, 2011

Time: 10:30 to 11:30 a.m.

Location: Brian Walsh's American Martial Arts Training Academy, 156 Route 171, Woodstock, CT (plaza next to Citizen's National Bank)

Kenpo Flow much like Tai Chi provides a multitude of benefits for practicing students. Seniors in particular gain many benefits to their overall physical and mental health.

- Kenpo Flow for Health utilizes low-impact routines of slow, gentle movements known as Forms. These forms are comprised of actual Kenpo self defense techniques and therefore the student not only learns forms but also the heart and soul of American Kenpo.
- Kenpo Flow for Health re-enforces balance and breathing--two of the many tasks made difficult with age. Daily practice strengthens these qualities for seniors and combines graceful exercises in balance, flexibility, aerobic and toning. The movements provide exercise but also improve a senior's ability to function with daily tasks such as sitting and standing.
- Kenpo Flow for Health doesn't stop at physical health benefits. It's a fun activity for seniors that can decrease boredom and depression.

Kenpo Flow is a great experience for adult students of all ages and abilities.

Name: _____ Age: _____ Phone: _____

Address: _____ Email: _____

Yes, I would like to participate in the Introduction to Kenpo Flow Program sponsored by the Woodstock Recreation Commission.
Disclaimer: I understand there are certain risks of injury while participating in the Introduction to Kenpo Flow Program and I agree that I will not hold the Town of Woodstock, Woodstock Recreation Commission including its representatives or Brian Walsh's American Martial Arts Training Academy liable for any injury sustained by me while participating.

Signature: _____ **Date:** _____

Make check payable to "WRC" and submit with registration form to WRC, 215 Coatney Hill Rd, Woodstock, CT 06281 no later than April 20, 2011. For space availability please contact Karen Fitzpatrick at 860-315-5175 or email to recreationdirector@woodstockct.gov as space is very limited. Please be advised that each participant will be required to fill out additional information and disclaimer for Brian Walsh's American Martial Arts Training Academy.

