

Meet the Instructor: Carol Krucoff



Carol is a yoga therapist at *Duke Integrative Medicine*, where she specializes in therapeutic applications of yoga for people with health challenges. She is author of several books including “*Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less*,” and “*Healing Yoga for Neck and Shoulder Pain*.” She is co-author, with Kimberly Carson, of “*Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility and Pain Relief*.”

Find an activity you enjoy and make fitness fun!



Join Carol Krucoff, C-IAYT, E-RYT, for this gentle yoga practice designed to help you release tension, enhance energy, stretch and strengthen your body, relax your mind, and lift your spirits. No yoga experience is required.

\$10 per class, proceeds go to
the Bouncing Bulldogs
program

www.bouncingbulldogs.org

www.healingmoves.com

NEW!

Gentle Yoga
with Carol Krucoff

**Bouncing Bulldogs
Community Center
Program**



healingmoves
The Joy of Motion for Every Body

11 a.m. - Noon.

Tuesdays
(beginning on September 11, 2018)

101 South White Oak Drive
Town of Chapel Hill, Durham
County, 27707

Registration Form

Name: _____

Date of birth: _____

Telephone:

Home: (____) _____

Cell: (____) _____

Address: _____

City: _____

State: _____

Zip: _____

Sessions:

Please indicate which sessions you plan on attending by placing a check beside the date. Schedule may be subject to change.

Sept. 11 18

Oct. 2 9 16 23 30

Nov. 13 20 27

Dec. 4 11 18

Please arrive at least 10 minutes early before your first class.

Class Description

We will do breathing practices and postures either lying down or sitting in a chair and standing postures near the chair, to hold onto for support if desired. For those who need or want to remain seated, a chair yoga option will be offered.



What is yoga?

Yoga is a profound system of holistic health that originated more than 5,000 years ago in India. The word *yoga* means “to yoke” or “unite,” and the practice is designed to unify many things. At the most basic level, yoga helps unite body and mind. At a deeper level, yoga seeks to unite the individual with the universal.

Partnership between Healing Moves and Bouncing Bulldogs

Healing Moves was founded by Mitchell Krucoff, MD, and Carol Krucoff, two proud supporters of the Bouncing Bulldogs program. Their mission is closely tied to the core values of the Bouncing Bulldogs program.

The mission of Healing Moves is to educate, inspire and encourage people of all ages and abilities to embrace the healing benefits of movement.



The goal of the Bouncing Bulldogs program is to promote jumping rope for fun and fitness, and to help all children to grow physically, emotionally, and socially.