



- ◇ Programs with the correct amount and kind of movement for people suffering from inactivity or chronic disease is as important as the kind and dosage of their other medicine.

Move Your Body

It's the only one you get!

Get what you need and want! Answers to-What is moving meditation? How extensive is my core? How deeply should I breathe? Does strength = muscle size? How long do I hold a stretch to improve flexibility? We have answers! And you can too!

Move Your Body (theme- “Stayin Alive”) is a uniquely designed, relaxed movement class by Maude Baum. You can Improve breathing, core strength, flexibility, endurance, coordination, balance; enhance your joy in moving and be able to do what you want!

Music fills the air as classmates move, laugh, find muscles that haven’t used in a long time, learn more about their body and enjoy moving. Classes are designed to have the most benefit without injury.

Try it. [Your first class is free.](#) It might be just what you are looking for!

Or purchase 6 classes and get 6 classes for free! (some restrictions)

Classes

Mondays • Wednesdays • Fridays

Online • 10:30 am and 12 noon

In person • 12 noon

In person classes take place on Chestnut St, Albany

We have a parking lot! Registration is required.

Email- ebadance@gmail.com

for a registration form or a link to join an online class.

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