

OLLI at DU Syllabus – Spring 2024

Minding Your Balance: Mind Body Techniques to Improve Balance & Prevent Falls

Tuesday Mornings In-Person; 4 weeks

Facilitator: Susan Chandler

BOOKS OR MATERIALS: None

Required: Room to stand up and move (for in-person class)

Recommended: none

WEEKLY TOPICS

WEEK 1 – UNDERSTANDING THE FULL SENSORY MOTOR SKILL OF BALANCE; LEARNING HOW TO MOVE FROM CENTER

WEEK 2 – RELAXATION AND ALIGNED STABLE POSTURE

WEEK 3 – THE SENSE OF BALANCE/SENSE OF SPACE CONNECTION

WEEK 4 – THE BALANCE/EMOTION CONNECTION

ALONG WITH THE MIND BODY MOVEMENT ACTIVITIES, EACH CLASS WILL INCLUDE CHECKING IN WITH PARTICIPANTS ABOUT THEIR NEEDS AND EXPERIENCES, INFORMATION ON THE SCIENCE BEHIND THE MIND BODY ACTIVITIES, AND WAYS TO PRACTICE AND APPLY THE LESSONS IN EVERYDAY LIVING.