

Osher Center for Integrative Health at Vanderbilt

An Outpatient Department of Vanderbilt Medical Center
3401 West End Avenue Suite 380, Nashville, TN 37203

WHICH MOVEMENT CLASS SHOULD I SELECT?

| | Level 1 (Beginner) | Level 2 | Level 3 (Intermediate) | Level 4 | Level 5 (Advanced) |
|--|---|---|--|---|--|
| What are my current physical abilities? | <ul style="list-style-type: none"> • Sit in a chair • Lie down with or without support • Stand with support | <ul style="list-style-type: none"> • Confident in Level 1 abilities • Stand with or without support for 5-10 minutes | <ul style="list-style-type: none"> • Confident in Level 2 abilities • Get up and down from floor with ease • Bend knees • Raise arms • Stand for 30-45 minutes • Walk without support | <ul style="list-style-type: none"> • Confident in Level 3 abilities • Bear weight on hands & knees • Raise arms overhead • Move comfortably for 30-45 minutes • Stand for 45 minutes | <ul style="list-style-type: none"> • Confident in Level 4 abilities • Overall good use of arms, legs, neck, back, and joints • Stand 45-80 minutes |
| Class/Series Options | <ul style="list-style-type: none"> • Beginner Yoga • Chair Tai Chi • Tai Chi for Balance • Special Topic Yoga Series (sleep, stress, headache, back care) | <ul style="list-style-type: none"> • Beginner Yoga • Tai Chi for Balance • Healing Qigong • Qigong drop-in • Special Topic Yoga series (sleep, stress, headaches, back care) | <ul style="list-style-type: none"> • Wednesday Gentle Yoga drop-in • Qigong drop-in • Introductory Tai Chi • Continuing Yoga • Yoga for Whole Living • Special Topic Yoga Series (sleep, stress, headaches, back care) | <ul style="list-style-type: none"> • Continuing Tai Chi • Health Yi Jin Jing Qigong • Continuing Yoga • Continuing Tai Chi • Tues/Thurs Yoga for Strength & Vitality drop-in • Yoga for Whole Living • Special Topic Yoga Series (sleep, stress, headaches, back care) | <ul style="list-style-type: none"> • Continuing Tai Chi • Advanced Tai Chi • Health Yi Jin Jing Qigong • Tues/Thurs Yoga for Strength & Vitality drop-in • Yoga for Whole Living • Special Topic Yoga Series (sleep, stress, headaches, back care) |

Note: Private movement consultation sessions are available and open to ALL levels. Movement practice will be personalized to meet the individual's needs. Call Thana Numan at (615) 875-5790 to schedule. **All movement classes incorporate breath and meditation.*

For more information please call (615) 343-1554 or visit www.vanderbilthealth.com/osher