

It's never too late to begin. It's never too early to start.™



Timeless Fitness
for the Body & Brain

Ageless Grace® Anti-Aging Exercises Almost Anyone Can Do

The **Ageless Grace®** program — **21 Simple Tools for Lifelong Comfort and Ease** — can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions, and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic — there's no need to learn any special choreography.

Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. The easy-to-learn Tools of **Ageless Grace®** promote the "Three Rs" of lifelong comfort and ease — not reading, 'riting and 'rithmetic — but the ability to respond, recover, and react efficiently and safely.

For more information about **Ageless Grace®**, please visit www.agelessgrace.com



**Maria Skinner
&
Amy Podolsky**



The Ageless Grace® Program is ideal for:

Anyone who would like to stay youthful and vibrant.

All fitness professionals and special populations, including those with physical limitations.

Caregivers (professional or family members) who work with these special populations and want to provide ease of movement to their clients and/or loved ones.

Maria Skinner is the owner of StarFish Dance & Yoga in West Concord, MA. She is a BeSoul™ Dance Practitioner, a certified Ageless Grace® Trainer/Educator and former Nia White Belt Trainer. Maria has devoted most of her life to learning to love being in her body, and to inspiring others to do the same. Ageless Grace has connected Maria back to the playful child who loved to explore movement for movement's sake.

Amy Podolsky is a Certified Ageless Grace® Educator and Educator Trainer, as well as a practicing Nia Black Belt instructor. She is at her best when dancing, playing and sharing the joy of movement with others.

Amy and Maria work well together and enjoy collaborating with one another. Their shared Ageless Grace® classes have been described as "always upbeat and fun!"

Ageless Grace® Brain Health Fitness Seminar for Personal Practice

Sunday, August 5, 2018

2:00-6:00pm

\$55

Location: Starfish Dance & Yoga Studio - 135 Commonwealth Ave, Concord, MA 01742

Registration Required: www.agelessgrace.com/training-schedule

Questions? Maria: ynfl@msn.com or 978-314-2735; Amy: podolsky.arp@gmail.com or 617-283-8749