



FLORIDA ATLANTIC UNIVERSITY

Marcus Institute of
Integrative Health

Spring-Summer 2024



ELIZABETH SCHEER



NICK KUSTURIC



KAREN WEXLER



HEATHER BERG



REBECCA KASTIN



CHAIR YOGA *with Karen Wexler*

Experience effective ways to regulate the nervous system, reduce stress and improve relaxation while comfortably seated.

MONDAYS 1 - 2 p.m.

April 1, 8, 15, 29 May 6, 13, 20 June 3, 10, 17, 24



TAI-CHI & QI-GONG *with Nick Kusturic*

Experience meditation in motion – connecting the mind and body. **TUESDAYS 6 - 7 p.m.**

April 2, 9, 16, 30 May 7, 14, 21, 28 June 4, 11, 18, 25



MINDFUL MOVEMENT *with Heather Berg*

Strengthen your body and cultivate the quieting of the mind and senses. **MONDAYS 9:30 - 10:30 a.m.**

Three week series: April 1, 8, 15



INTEGRATIVE NUTRITION COOKING CLASS

with Rebecca Kastin

Join us for healthy and delicious recipes with a new theme each week! **WEDNESDAYS 11 a.m. - 12 p.m.**

May 1, 8, 15, 22, 29 June 5, 12, 19, 26



FUNCTIONAL MOVEMENT & MOBILITY

with Elizabeth Scheer

Improve your balance and core strength while settling your nervous system in this mobility and posture based class. All levels welcome.

WEDNESDAYS 1 - 2 p.m.

April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5, 12, 19, 26

Free Community Events

REGISTER HERE



CONTACT US



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