

Kujiweza Healing Arts Institute  
**3-hour Natural Healing Exercises Workshop**

*for Exercise instructors serving senior citizens  
and/or people with health challenges*

Saturday April 26, 2008

2:00 PM – 5:00 PM

Evergreen Valley United Methodist Church

3520 San Felipe Road

San Jose, CA 95135 (Evergreen Area)

**Cost:** \$100.00 and bring a friend for half-price!

**To register:** call (408) 315-1179 or email us  
at [Kujiweza@sjyogataichi.org](mailto:Kujiweza@sjyogataichi.org)



**Pre-requisites: None**

Program is designed to upgrade the knowledge and skills of all persons offering physical training to senior citizens and/or people with chronic health challenges. Program is suited for beginners or advanced trainers.

**Workshop Description**

This 3-hour workshop offers an all new natural healing exercise approach to health, wellness, fitness, relaxation, disease prevention and cure. Participants will learn how to use exercise to help people cope with health challenges like Arthritis, stroke, bronchitis, asthma, Parkinson's, injury rehabilitation, mental and emotional distress or those that require Pre-Post Surgery exercise, to restore health. Participants will discover progressive exercise techniques to strengthen and improve the health of those recovering from illness or to improve and maintain the health of people with limited mobility. Workshop will cover:

- The myths about the benefits of traditional exercise to senior citizens.
- Why senior citizens need to exercise.
- What type of exercise may be harmful to senior citizens?
- What type of exercise is best for frail and ill persons?
- In what order should exercise be done to promote health and wellness?
- Learn tendon growing exercises to eliminate rigidity and improve flexibility
- Learn why breathing exercises are important to seniors and how to perform them
- Learn exercises to help straighten and improve posture
- How to build and strengthen arms and leg muscles
- How to help them relax, relieve mental and emotional pressure and insomnia and feel great!!!

Mwezo Kudumu and Jane Kerr, have over 30 years experience, teaching Tai Chi, Chi Kung, Yoga, meditation, and relaxation exercises. They co-founded "Kujiweza Healing Arts Institute" in 2000, a non-profit school dedicated to training instructors in the art of providing natural healing exercises to senior citizens and people with Parkinson's Disease and other movement disorders. They currently teach classes at Creekside Cabana Club, The Villages Golf and Country Club, The Terraces of Los Gatos and Stanford Medical Center in Palo Alto, CA.

**FOR RESERVATIONS, PLEASE RSVP**