

# RUSK REHABILITATION

## Rusk Outpatient Physical Therapy Presents Fundamentals of Yoga

Rusk Rehabilitation is offering a six week class on basic yoga practice to help you achieve your wellness goals

The ancient Indian tradition of Yoga promotes stability, coordination, strength and flexibility through a series of poses, breath work and meditation.

Classes will be taught by a licensed physical therapist that is a registered Yoga Teacher, and is knowledgeable in prevention, injuries, and pain management.

The class will introduce participants to modified Yoga postures with attention to breath work, alignment, and body awareness. A preventative approach to the class will provide a safe and supportive atmosphere to avoid potential injury, and help empower you to take the next step towards a more active lifestyle.

### Course details:

- Schedule: six, one-hour classes held on Wednesdays from 5:00-6:00 pm, beginning on June 12 and ending July 17
- Location: Ambulatory Care Center (ACC) at 240 E. 38<sup>th</sup> Street, Ground Floor, room G-11
- Cost: class rate of \$120 for six sessions (check or cash only, credit cards not accepted)
  - Make checks payable to Rusk Physical Therapy Department
- Skill Level:
  - must be able to get on and off the floor independently
  - must be able to maintain standing balance independently
  - must be able to follow verbal instructions
  - Absolute beginners are welcome!
- Instructor: DeVonna Bonimy, PT, DPT, RYT
- Signed consent and medical clearance forms required (prescription not required)

To register or inquire further, please see one of our Rusk Outpatient Physical Therapy staff members, located in the Ambulatory care Center (240 East 38<sup>th</sup> Street), on the 16<sup>th</sup> Floor. Ask for Olga Kalandova, PT, MS, Cert.MDT, Laurie Kilmartin, PT, DPT, or DeVonna Bonimy, PT, DPT. You may also call 212-263-6033 and press Option "0" for further information.

