

BALANCING ACT

PREVENT FALLS VIA SLACKLINING

+ using Yoga, Tai Chi & Karate

Theory & Prac
with easy to use
TAKE HOME TIPS



90 minutes of
fun and facts

A highly
motivating
approach to
supplement
programs for
Rehab &
preventing
Falls

WHEN

TUES 7.00am

Slacklining: 40,000 years of history
but only 15 years of research –
WHY!?

Evidence, techniques & 'HOW TOs'
for set-ups, motivation & progress
of rehab & injury prevention in the
elderly, athletes & children

COFFEE + Light Refreshments Provided

