



**Here are the facts:**

- A women twice as likely to break a hip as a man.
- There are over 345,000 hospitalizations for broken hips in senior citizens each year
- Only one out of every four patients recover completely

**Amherst Yoga *presents:***

**Learning How to Fall "Safely" workshop**

**Saturday February 13<sup>th</sup>**

**11:30am – 1:00pm**

***\$30 per person\****

**\* NOTE: Please make checks payable to: "Ginny Jackson"**

Here are some of the key areas that will be taught in during this hands on experiential workshop:

- How to conquer the fear of falling
- Hands on Instruction on how to fall properly

The Learning How to Fall Safely Workshop is presented in a safe and encouraging environment taught by a professional martial artist.

The intention is to have each participant leave with a new found awareness and confidence with their ability to fall safely.

**Workshop Instructor Don MacKay** brings his warm and playful approach to his teaching. Don is a professional martial arts instructor with over 40 year experience. (Don is also available for workshops in Personal Protection Strategies, External and Internal Martial Arts, Restorative Movement, Qi Gong ( aka Chi Kung ), and The 6 Healing Sounds.

visit [www.donmackay.biz](http://www.donmackay.biz)