

Gentle Zumba

FREE for cancer patients

Every Tuesday, 4.30 pm to 5.30 pm @ Yoga Vista*

Every Wednesday 3 pm to 4 pm @ Frog's Fitness Encinitas**

An Expressive Movement Playshop facilitated by Alessandra Colfi, Ph.D.(c)

Want to have a playful, easy, good-for-body-mind-spirit time? Come and learn Gentle Zumba! Moving is one of the keys to healing and to prevent recurrence - our bodies are meant to move! Learn Salsa, Cumbia, Bachata, Merengue, Reggaeton, Hip-Hop, and free flow too!



All are welcome (stiff and tired too!) - No previous experience necessary.



Alessandra Colfi holds a B.A. in Linguistics, a Master in Fine Art, and is a Ph.D. candidate in Expressive Arts Therapy. She is a Faculty and the Associate Director of the Expressive Arts Therapy Department at IUPS, a member of the International Expressive Arts Therapy Association and The Global Alliance for Art and Health. Her background in design & fine art is combined with extensive studies and applications of Behavioral Science, Counseling, Transpersonal and Humanistic Psychology, Art Therapy, Dance/Movement Therapy, Psychodrama, and Yoga. Alessandra has been using the arts for their therapeutic effects for over 13 years in private and clinical settings (also assisting trauma victims, developmentally disabled adults and children, and the general population of adults, teens and children).

www.AlessandraColfi.com

Research shows that movement provides a wide range of benefits: it reduces physical and mental fatigue, increases blood flow, awakens and enlivens body, mind and spirit, increases range of motion, facilitates sleep, increases body awareness, and serves as antidote to depression and isolation - all assisting in lowering risk of recurrence. Moving while sitting on a chair works too!



Any question?

Contact Alessandra at 858 735 5708

Email: Alessandra@AlessandraColfi.com

* Please bring your water & socks (Vista)

** Please bring your water & wear sneakers (Encinitas)

** This is a program of North County Cancer Fitness
www.NorthCountyCancerFitness.org

Yoga Vista ~ 319 E. Broadway Avenue ~ Vista, CA 92084 ~ (760) 630-9642
Frog's Fitness ~ 780 Garden View Ct. ~ Encinitas, CA 92024 ~ (760) 942-3000