

## LOCAL RESOURCES FOR PHYSICAL ACTIVITY WITH ATTENTION TO OSTEOPOROSIS

### GOKHALE METHOD (Posture & Movement)

**Abeja Judy Hummel**, Gokhale Method Teacher

[abeja@gokhalemethod.com](mailto:abeja@gokhalemethod.com)

[www.gokhalemethod.com](http://www.gokhalemethod.com)

707-621-3822

The Gokhale Method uses healthy posture and movement to help you restore your structural integrity and regain a pain-free life. It addresses the root cause of most muscle and joint pain, because you have a right to a pain-free back, neck, hips, knees, feet. *Classes will be outside, weather permitting, or inside with masks if not.*

#### FREE WORKSHOPS:

Boonville : Monday, Jan. 24th @ 5:30pm **\*TONIGHT\***

Ukiah : Wednesday, Jan. 26th at 9:30am

#### 6 CLASS GOKHALE FOUNDATIONS COURSE

Ukiah : Thursdays 9:30-11am | Feb. 9 – Mar. 16

Boonville : Mondays 5:30-7pm | Feb. 7 – Mar. 14

For all class listings and to learn more about me and the Gokhale Method, visit:

[https://gokhalemethod.com/biography/Abeja\\_Hummel/#offerings](https://gokhalemethod.com/biography/Abeja_Hummel/#offerings)

### PERSONAL TRAINING

**Deni Lee**, Personal Trainer

@ Ukiah Valley Athletic Club

(707) 367-6608

### PILATES

**Elizabeth Jensen**, Certified Pilates Trainer

[elizabeth.martha.jensen@gmail.com](mailto:elizabeth.martha.jensen@gmail.com)

Elizabeth earned her certification as a Comprehensive Pilates Trainer in 2009 with Master Pilates Instructor, Jean Sullivan, at A Body of Work in San Francisco. She currently provides private and duet sessions in person at her Pilates studio in Boonville. Elizabeth continues to enhance her training and stay current on best practices with continuing education courses and is preparing to bring Buff Bones® (a medically-endorsed system of movement for bone and joint health) to Anderson Valley in 2022.

### TAI CHI

**Karin Difalco**, Tai Chi Instructor

[k7difalco@pacific.net](mailto:k7difalco@pacific.net)

### YOGA

**Jeanne Eliades**, Yoga Instructor

[jeliades@pacific.net](mailto:jeliades@pacific.net)

"Low-Impact Yoga Class" on Mondays 11am-12pm on Zoom. Most of the group is 60-80 years old and the class is active but gentle.

**Kira Brennan**, Registered Yoga Teacher

[kibrenn@yahoo.com](mailto:kibrenn@yahoo.com)

Kira has been a Registered Yoga Teacher (RYT) for over 15 years. Her practice and teaching, based in the Hatha tradition, is gentle in approach. She believes in each practitioner's potential to connect into our own body's inner voice, learning to listen to our unique needs, and to deeply nourish the nervous system, and our precious joints. Inspired by Vispassana meditation, and our beautiful surroundings, Kira's classes encourage a quieting of the busy mind, 'Metta', a loving kindness and acceptance for the body, and connecting body and breath into moment, movement, and ease. Kira's classes are restorative in nature, and are suitable for any level.

**Kristen Walker**, Yoga Instructor

[kwyogabalance@yahoo.com](mailto:kwyogabalance@yahoo.com)

Kristen is currently teaching yoga and posture via zoom on Wednesday and Friday mornings at 9 am.

**Mary Paffard**, Yoga Instructor

[mary@maryyoga.com](mailto:mary@maryyoga.com)

[www.maryyoga.com](http://www.maryyoga.com)

Mary is currently teaching online classes, trainings and private sessions and will be teaching in person retreats and possibly local classes later in 2022. For folks who are dealing with osteoporosis or osteopenia, it is recommended to have a private, preferably in person session (outdoors and fully vaxxed at this point!) although online may work depending on the situation.

*NOTE: The information about providers and services contained on this handout does not constitute endorsement or recommendation.*