



FLORIDA ATLANTIC UNIVERSITY

Marcus Institute of Integrative Health

Summer 2024



KAREN WEXLER



NICK KUSTURIC



ELIZABETH SCHEER



HEATHER BERG



JACQUELINE BURBAGE



HARMONY IN MOTION *with Karen Wexler*

This class will incorporate the gentle art of chair yoga with the rhythmic resonance of music. **MONDAYS 1 - 2 p.m.**

**July 1, 8, 15, 22, 29 August 5, 12, 19, 26
September 9, 16, 23, 30**



TAI-CHI & QI-GONG *with Nick Kusturic*

Experience meditation in motion – connecting the mind and body. **TUESDAYS 6 - 7 p.m.**

**July 2, 9, 16, 23, 30 August 13, 20, 27
September 3, 10, 17, 24**



FUNCTIONAL MOVEMENT & MOBILITY *with Elizabeth Scheer*

Improve your balance and core strength while settling your nervous system in this mobility and posture based class. All levels welcome.

WEDNESDAYS 1 - 2 p.m.

**July 3, 10, 17, 24, 31 August 7, 14, 21, 28
September 4, 11, 18, 25**



CULTIVATING INNER BALANCE *with Heather Berg*

This class will explore the basic concepts of physical, mental and spiritual wellness. **FRIDAYS 9:30 - 10:30 a.m.**

July 5, 12, 19, 26 August 2, 9, 16



MIND BODY FUSION *with Jacqueline Burbage*

Discover the wisdom of mind body connection through the use of somatic practices. **TUESDAYS 2 - 3 p.m.**

August 20, 27 September 3, 10, 17, 24

Free Community Events

REGISTER HERE



CONTACT US



561-566-5328



faumedicine.org



**880 N.W. 13th Street,
4th Floor, Boca Raton,
Florida 33486**