

RHYTHM GYM

FITNESS FOR MIND, BODY, AND SPIRIT RHYTHMGYM.ORG

Program Overview

CONNECTIONS

FOCUS: HEALTH & WELLNESS

Group Size	4 to 12
Time	45 minutes
Number of Sessions	6 - 12 Weeks/Ongoing
Frequency	Weekly
Skill Level / Type	Basic / Drop in
Materials	Rhythm Gym Health Kit
Requirements	15'x 15' room, PA system, armless chairs (per person)

Strategies include:

- guided gentle movement
- stretching & breathing
- creative visualization
- information sharing
- singing
- group and partner music making
- storytelling

GOALS & BENEFITS

Physical: To reduce the effects of anxiety, to feel more relaxed and comfortable in creative and community settings.

- Improve balance and concentration
- Increase flexibility
- Become calmer
- Make better lifestyle choices

Personal: To learn and apply healthy practices and to gain confidence in one's creative abilities.

- Reverse effects of stress
- Elevate mood
- Improve expressive communication
- Develop active-listening skills
- Increase self-awareness

Social: To learn more about members of a community, foster a sense of belonging, and tap into the collective wisdom of the group.

- Peer support
- Trust-building
- Foster appreciation for diverse viewpoints
- Deepen empathy and understanding for others

RHYTHM GYM
11862 Balboa Blvd. Suite 159
Granada Hills, CA 91344

www.rhythmgym.org

© 2006 Rhythm Gym:
A project of Community Partners a 501(c)3 non-profit.