



FLORIDA ATLANTIC UNIVERSITY

Marcus Institute of
Integrative Health

Fall - Winter 2024



KAREN WEXLER



NICK KUSTURIC



ELIZABETH SCHEER



HEATHER BERG



JACQUELINE BURBAGE



CHAIR YOGA *with Karen Wexler*

This gentle form of yoga is practiced sitting on a chair or using a chair for support, making it accessible for people with mobility challenges or those seeking a low-impact workout. **MONDAYS 1 - 2 p.m.**

October 14, 21, 28 November 4, 18 December 2, 9, 16



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

Experience meditation in motion – connecting the mind and body.

TUESDAYS 6 - 7 p.m.

October 1, 8, 15, 22, 29 November 5, 12, 19 December 3, 10, 17



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.

October 9, 16, 23, 30 November 6, 13, 20 December 4, 11, 18



SCIENCE OF BREATHWORK *with Heather Berg*

Explore the physical, mental, emotional and spiritual benefits of controlled breathing techniques, combining theory and practice to optimize overall health and well-being. **FRIDAYS 9:30 - 10:30 a.m.**

3 Week Series October 4, 11, 18



YOGA NIDRA *with Heather Berg*

This guided meditation practice induces deep relaxation and conscious awareness, promoting physical, mental, emotional and spiritual healing by bringing the body and mind into a restful stillness.

6 Week Series FRIDAYS 9:30 - 10:30 a.m. November 1, 8, 15, 22 December 6, 13



MIND BODY FUSION *with Jacqueline Burbage*

Discover the wisdom of mind body connection through the use of somatic practices.

THURSDAYS 2 - 3 p.m. October 10, 17, 24, 31 November 7, 21 December 5, 12, 19

Free Community Events

REGISTER HERE



CONTACT US



561-566-5328



faumedicine.org



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