

Movement & WELLNESS

WHEN & WHERE



Wednesday: Feb 11, 2026
Fellowship Hall
St. Mark Church
10:00 am – 11:00 am



ABOUT THE CLASS

This class will focus on breath as inspiration to movement, core strength, stability and posture. The goal is to discover a renewed sense of body, mind, and spirit.

MEET THE INSTRUCTOR



Elder Diane Hanlon is an Associate Professor of Teaching in the UC Irvine Dance Department. Diane has performed with the Frankfurt and Los Angeles Ballet companies. She is a Master Teacher in Pilates.

HOW TO PREPARE



All adults are welcome. Your fitness level should allow you to move easily without assistance from a chair and/or floor mat. Please wear comfortable unrestrictive clothing. Bring a floor mat or thick towel.

HOW TO REGISTER:

Sign-Up: Tables After Worship
E-mail: info@stmarkpresbyterian.org
Call: 949-644-1341

Presented By: St. Mark Health Ministries and Adult Education Commissions