

July 14 - September 29, 2020

## Age-Defying Therapeutic Stretches

Company: Ailey Extension  
Location: New York, NY

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Join Finis Jhung for Age Defying Therapeutic Stretches each Tuesday at 10:30amET!

Improve your balance, relax tense muscles, restore mobility and flexibility, and calm your mind with slowly paced doable exercises done both sitting and standing. This artfully designed series of deceptively simple stretches literally works the musculature of the entire body from head to toe – while requiring a focused mind attentive to the details of each movement. The class is rooted in the dancer's warmup Finis developed during more than six decades as dancer and teacher that will inspire minor miracles in your body and soul.

Dress for ballet or yoga or exercise class. No shoes required. For best results, face a mirror so you can see what you are doing. You will need a firm chair or stool with a sturdy seat that can bend over and place your hands on to support your weight.

Ailey Extension  
Virtual  
New York, NY, 10019  
<https://www.aileyextension.com/calendar>

Schedule  
July 14, 2020: 10:30am  
July 21, 2020: 10:30am  
July 28, 2020: 10:30am  
August 4, 2020: 10:30am  
August 11, 2020: 10:30am  
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