



**Core Play with Kathy deWet-Oleson  
at the Ventura Nia Center Tuesdays  
5:30p.m - 6:30p.m**

**Core Play integrates a variety of movement modalities and follows the pleasure path that is practiced in classic Nia. You will be invited to play with movement that can enhance comfort in your body and bring you closer to the youthful mobility, once natural to you.**

**What is your core?** Core has become a buzzword in the fitness industry and it may be much more than you realize. The Core of the body is made up of the muscles and joints of your torso, and includes the muscles that connect your extremities to the core of the body. Our core is affected by all the connective tissues that link our body and support and provide for all of our movement.

**Actions of the core:** The core helps us integrate movement and provides stability when we are actively moving our body, thus reducing the risk of injuries when we are active. The core muscles allow us to flex our spine forward, side to side, rotate or twist, and extend our spine up, look up, and even bend back.

**Exercises for the core:** If we were simply active and moved our joints to their full potential, our core would stay both strong and supple resulting in comfort, power and grace. However, we often develop movement habits associated to the tasks repeated in our daily lives that can limit our movement potential such as; sitting, working on computers, standing, driving, and walking on smooth surfaces like sidewalks. Exercising the core can be very simple and includes activities that shift our body weight, ask us to balance, rotate, flex and extend the spine, vigorously move arms and legs, shake and vibrate the body, go all the way down to the floor and back up again, creep, crawl, roll around, fold inward, and expand outward.

**The Core Play class format:** In core play you will experience both group and individual instruction. Like Nia, each class will have a focus and no two classes are exactly the same. Warm up will be practiced to music and consist of rhythmic movements integrating the entire body. As a group and with individualized instruction you will be guided through core play on the floor, and introduced to a wide variety of props such as stability balls, foam rollers, balance discs, bands, body bars, and weights. Every class will also include five simple developmental movements that anyone can practice at home to help integrate the body and enhance flexibility and strength.

***For more information contact Kathy at [niakreative@earthlink.net](mailto:niakreative@earthlink.net)***