

It's never too late to begin. It's never too early to start.

ageless Grace®



Timeless Fitness
for the Body & Brain™

Ageless Grace® Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace®, the ability to respond, react and recover.

For more information, please visit: www.agelessgrace.com



Peggy Kinst is an International Trainer for Ageless Grace® and Ageless Grace® Aroma. She has been a Wellness Educator for over 47 years creating Wellness Programs that includes her expertise in Movement Techniques, Neuro-Science, Nutrition, Mindfulness Training, Myers-Briggs Personality Typing, Bio-Electrical Impedance Body Composition, the Science and Implementation of Essential Oils and ITOVI Bio-Impedance Testing.

The Ageless Grace® Program
is ideal for:

Anyone who wants to stay
cognitively fit and vibrant
through stimulation of
neuroplasticity

All health and fitness
professionals desiring
brain health skills
on their resume

Special populations,
including those with
physical or mental
limitations

Caregivers working with
special populations

PERSONAL PRACTICE SEMINAR \$55 (\$65 at door)

Friday, October 27 4:00-8:00pm

*Learn how to include Ageless Grace® into your daily life. Intro and overview of the 21 Tools for personal use.
(Pre-Requisite for Educator Certification/ Class only \$30 if being certified.)*

Anyone welcome to attend!

EDUCATOR CERTIFICATION \$350 (\$375 at door)

Saturday, October 28 2:00-6:00pm

Sunday, October 29 9:00-1:00 and 2:00-6:00

Includes Training Materials: One Playbook, Three DVDs, One Flashcard Set

LOCATION FOR ALL EVENTS

GARDEN OF YOGA, 140 N LaGrange Road, Suite #17, LaGrange, IL 60525

Hosted by: Kathleen Wright (for location info: 815-429-3103)

MUST REGISTER ONLINE: www.agelessgrace.com

For class info: call Peggy 630-926-5827 peggykinst@gmail.com