

The Claire Teague Senior Center's Fitness Instructors



Come join us at the center for some wonderful fitness classes geared for seniors. Below you will find bio's for our instructors....

- **Misha Forrester, GFCP** interests in body-centered work and self-use of the body in sensing, feeling and attention has lead her into the research of various types of movement processes, analysis and body conditioning techniques. She is a Guild-certified Feldenkrais Practitioner, Bones-for-Life and Change Your Age and a Licensed massage therapist with the specialized focuses in cancer/lymphatic drainage as well as neurological and orthopedic conditions. She has a private practice in addition to teaching weekly classes at the senior center.
- **Thea Basis**, is a B.S. Holistic Health, ACE Certified Group Exercise Instructor with specialty certifications in Senior Fitness and Post Orthopedic Rehabilitation. Thea has been a Fitness professional since 1986 working with clients of diverse abilities. Check out her blog at www.goodforallblog.wordpress.com
- **Kathi Casey**, "The Healthy Boomer Body Expert" is a three time Amazon bestselling author, renowned health coach who has recently been chosen by The Psychology of Eating as one of their top 20 Health coaches and her blog ranked #10 in nursingschools.net list of 50 top Health Blogs. She is a popular Baby Boomer columnist, has shared her programs on Fox 23, ABC-8 Evening News and produces her own TV show, "To Your Health." For the last 15 years, she's been empowering people all over the US to take charge of their own health care through her workshops and trainings utilizing Yoga, Somatics, Pilates and Energy Healing (Reiki) techniques. Kathi hold certifications in Hatha Yoga, Pilates, Acu-Yoga, Ayurvedic Physical Health, Healing Touch, EFT and is a Reiki Master. She grew up in the Berkshires, raised her 2 children there, and currently makes her home in Otis.
- **Suzanne Mazzealli**, holds an undergraduate degree in Psychology and Education and Master's of Social Work. After suffering from debilitating back pain, she discovered Yoga and the incredible healing power of mind, body practices. She has taught yoga, meditation qigong and mindfulness for over 10 years. Currently a practicing yoga therapist, she enjoys working with the aging, those in chronic pain and people who struggle with anxiety and/or depression. She strongly believes in yoga as a healing practice that returns us to balance and wellness. Suzanne has six kids who are some of her greatest teachers!
- **Joanne Kelly**, is the owner of Pilling Landscaping Inc. which has served the Berkshires since 1981. Prior to that she taught Yoga, Breathing Therapy and Polarity Therapy at the *The Yoga Center for the Healing Arts*. She now finds time to teach Easy Does It Yoga twice weekly and during the winter she teaches pottery.
- **Carolyn Calandro**, has been performing since she was a young child. In addition to dance, she studied classical piano for 13 years. With her background in musical theatre and concern for the environment, Carolyn formed a duo that wrote and performed environmental musical fantasies. Carolyn had directed theatre and held comedy improv workshops. She creates original, unique choreography, costumes and songs. She also presents natural history programs.
- **Christine Faber**, has been teaching seniors Tai Chi, Strength Training, Yoga, and Line Dancing at senior centers and community centers throughout Berkshire County for about 25 years. She is a proud mother of 2 grown sons and resides in Lee with her husband and 2 dogs.

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917 Main Street
Great Barrington, MA 01230