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CoMBo Conditioning for Mindbody (Black & White Version): Health and Integration through Contemplative Movement

Dr. Kim Chandler Vaccaro

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CoMBo is a conditioning program for mindbody that develops focus, balance, coordination, strength, flexibility, confidence and joy. CoMBo conditions the mindbody. It begins with a contemplative movement practice to take the focus inward. Concentration is directed to open the gates of energy in the body, release the soft tissue and connect to the core. Once the body is fully prepares through strengthening of major muscle groups, different rhythms of the body are explored through choreography and improvisation. Selected combinations build coordination, balance, flexibility, strength, musicality, and confidence. CoMBo helps to integrate the central nervous system, create important neural pathways between action and thought, and leaves a feeling of lightness, capability and joy. The effects are immediate and long lasting, and it can be adapted to any age group or level of ability. (Yoga mats optional on marley, ok for wood floors.)

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