

Creating your Sunshine

Discover Your Extraordinary Possibilities™

Falls are the
**LEADING CAUSE
OF INJURY**
in older adults 65+*

1 in 3
will
FALL AT LEAST ONCE
this year*

Many
**LOSE CONFIDENCE
& MOBILITY**
after a fall *

Most falls are preventable. Let's prevent yours.

Creating Your Sunshine is a **Mind & Body Movement Program** designed to help seniors master their balance, prevent falls, and live with confidence & independence.



As a professional Circus Artist, I have spent my life perfecting the art of balance.

After recovering from a 6-year illness that left me bedridden, I re-taught myself how to stand, walk, balance and much more. These simple movements can be increasingly challenging as we age. That is why I am passionate about helping seniors master their balance and move throughout their day with confidence!

Book a Workshop

In a *one-of-a-kind, uplifting, & completely customized* workshop, I will show you how to:

- **Develop strength** using nothing more than your own bodyweight
- Start with **simple movements designed to build confidence**
- **Master your balance** and **overcome the fear of falling**
- **Keep your brain youthful** with creative coordination exercises
- **Improve how you age** by training your mind and body to stay one step ahead
- Discover *your* own **extraordinary possibilities** in everyday life

Testimonials

“My walking and balance have improved, along with my confidence. I never thought I would look forward to exercising, like I do now.

Otto, 90 years young

Tatiana's warmth, positivity, enthusiasm, and her ability to make exercise fun have been integral to her client's rehabilitation!

Charlotte Mah, Physiotherapist

“Having recently turned 88, the value of exercise in life has become very evident. The Sunshine program Tatiana developed gently incorporates the simple everyday movements and rhythms of one's life, into a whole new and untraditional way to exercise.

Mike Slosberg, 88 years young

My Sunshine sessions are the highlight of my day - I am even learning how to juggle!

May, 87 years young

“Anyone who is lucky enough to work with Tatiana is forever blessed. She puts her heart and soul into every moment and will make you feel that you are the only person in the room.

Miriane Taylor, Pilates Instructor



Tatiana Weltzien-Straathof is a graduate of the world-renowned, *Ecole Nationale de Cirque*, & the internationally recognized yoga teacher training program at Naada. She has over 10 years of speaking experience as a keynote speaker for organizations, businesses, and schools. Returning to her roots of balance, she was inspired by her Grandparents, who are nearing their 90's, & the high rates of falls in seniors, to start her company, *Creating Your Sunshine*, to help seniors improve their balance, maintain their independence & live each day with better health & greater joy.

Book a Workshop

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*Source: Public Health Agency of Canada 2021