

pass1on

INBalance



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WHO ARE WE?

We are a small Sussex based organization that connect communities and individuals through projects that are simple, collaborative and practical.

One of our current projects, 'INBalance' is an affordable, fun and gentle exercise class that motivates over 60's to stay active whilst helping their community at the same time.

All class fees are passed on directly to local charities.

THE BEANBAG PROJECT



OUR CURRENT FOCUS: THE BEANBAG PROJECT

In our 'INBalance' classes we have been exploring the health benefits of exercising with beanbags.

This has inspired a small group of us to make our own bean bags and sell these with exercise instructions in order to raise money for charity.

THE HEALTH BENEFITS OF BEANBAGS

- Improve cognitive function
- Versatility & convenience
- Promoting mind-body connection
- Warming for sore, tired muscles
- contribution to coordination and self awareness

INBalance



passion

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**IF YOU HAVE ANY FURTHER
QUESTIONS OR IDEAS
REGARDING THIS TOPIC,
PLEASE FEEL FREE TO CONTACT
MARY. LET'S CONTINUE TO
UNCOVER SURPRISING AND
INNOVATIVE WAYS TO
ENHANCE OUR LIVES AND
SUPPORT EACH OTHER'S
HEALTH AND WELL-BEING.**