

## Movement Matters

### *At 75 years old Finis Jhung continues to teach ballet*



"I've loved ballet since I was six years old", Finis Jhung announced during a recent CBS morning interview. Born in Honolulu, Hawaii, in 1937, Finis graduated with high honours from the University of Utah in 1959, where he majored in ballet. He has enjoyed a long and successful professional ballet career. Since 1972, he has been a mainstay of the New York dance scene.

Finis presents workshops for teachers and adult students at The Ailey Studios in NYC throughout the year. Finis recently worked on Broadway with the boys of Billy Elliot: The Musical.

Finis Jhung's passion for ballet has inspired many older adults to attend his ballet workshops. Referring to his older ballet students Finis explained, "They are my inspiration. They can start to do these moves and they

like ballet dancers". One of his older ballet student's stated, "It's definitely a way to age gracefully, and that's why I'm here".

*"I tell my students,  
I only have twenty  
more years to teach  
you know"*

This October Finis Jhung was featured on CBS's 'This Morning Show'. Click on the link below to access the interview.

[http://www.cbsnews.com/8301-505263\\_162-57527752/ballet-teacher-75-dances-straight-through-the-retirement-years/](http://www.cbsnews.com/8301-505263_162-57527752/ballet-teacher-75-dances-straight-through-the-retirement-years/)

Among his many videos, Finis Jhung has created work out, stretching videos for older adults. He has choreographed fourteen slow and simple stretches that will reduce stress, relax tense muscles,

and elevate your mind. The video is divided into four separate ten-minute breaks: two are done standing, one seated on a chair, and one sitting and lying on the floor.



For more information follow the link: [http://finisjhung.com/catalog/product\\_info.php?products\\_id=345](http://finisjhung.com/catalog/product_info.php?products_id=345)