YOGA FOR PARKINSON’S PATIENTS AND CARE PARTNERS

1-on-1 Needs Assessment: $75
6 Week (12 class) Series: $300

4 sign-ups needed for series. Please indicate available
days 1:30-2:30PM to help us coordinate schedules.

Experience the benefits of yoga in a class designed for
people with Parkinson’s disease and other movement
disorders. The class emphasizes flexibility, strength,
improved balance, postural alignment, and movement with
breath for stress reduction and mental concentration.

Doing poses safely will be a priority, and participants will
be able to do all poses while seated. A typical class begins
with warm-ups for the joints and muscles, followed by a
series of yoga postures to stretch and strengthen different
parts of the body. Care partners are welcome and
couraged to attend at no additional charge.

Each new student is encouraged to have a 1-on-1
needs assessment with Laurie prior to the start date.

Sign up at [http://everybodybalance.zenplanner.com](http://everybodybalance.zenplanner.com)
or call to inquire at 508.485.8585

1-ON-1 PARKINSON’S PT

Individual PT: $95 per session;
6-pack $550

2-person PT: $120 per session;
6-pack $675

www.everybodybalance.com

Every Body Balance

Yoga for Parkinson’s

Made possible in part by a grant from the APDA - MA Chapter
YOGA for Parkinson’s Patients

Yoga therapy blends what is known about Parkinson’s Disease, Anxiety and Depression to create a client-centered, relaxing practice, taking into consideration the individual variations in symptoms, disease progression, response to treatment, side effects of treatment, and changes that occur from one day to the next. Never tried Yoga? No problem. Beginners are welcome.

Benefits
1. Muscle strengthening
2. Increased flexibility and range of motion
3. Improved balance/decreased risk of falls
4. Improved body mechanics and ability to initiate movement
5. Yoga may help decrease pain and need for medications
6. Yoga may lessen side effects and complications of medical procedures
7. Yogic breathing practices:
   a. Increase efficient and effective breathing to improve respiratory function
   b. Help reduce panic
   c. Eases frustration with slow movements
8. Improves sleep quality through positive effects of exercise, relaxation and meditation techniques
9. Increased capacity to cope with stress, depression, and apathy
10. Helps improve and maintain emotional and mental well being

Share your love

Physical activity is recommended for people with Parkinson’s, but often muscle rigidity makes it hard to even start moving. This is where Yoga can help.

Yoga’s slow, focused movements, breathing awareness and relaxation techniques can help slow or reduce Parkinson’s symptoms and improve strength, flexibility, balance, gait, sleep and overall quality of life. Come join certified instructor Laurie C. to practice in a safe, nurturing and fun environment! Care partners are welcome to join the class.

Every Body Balance PRIVATE TRAINING provides a personalized training experience to help you further your exercise and therapy goals. PT is perfect for practicing 1-on-1 in a more private setting. Personal Training and Small Group Training are available.

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