

Every Body Balance

www.everybodybalance.com



Every Body Balance
live healthier • live happier

HOME CALENDAR CLASSES WORKSHOPS/EVENTS COMMUNITY ABOUT

Every Body Balance
Live Healthier - Live Happier

Our passion...

is improving EVERY BODY'S fitness through the many benefits of Pilates, while enjoying the comforts of a Yoga mindset. Through class personal attention to body alignment, mechanics, and breath, our fitness studio trains your core and empowers you to take your fitness to the next level.

Get Started Here

View Our Calendar

Yoga • Barre • Pilates • Core Conditioning • Personal Training • Spin • Boot Camp

Every Body Balance



Online Calendar: www.everybodybalance.com/calendar

All classes are 60 minutes, unless noted. Regular classes are included in our Monthly Membership and Class Passes. Drop-ins welcome. No Pre-Registration is required. Special programs are by reservation - call or email to arrange details.

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 encouraged 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>
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

namaste

Made possible in part by a grant from the APDA - MA Chapter

Every Body Balance

Yoga for Parkinson's



Everybody has a core.

Let us help you find yours.

EveryBodyBalance.com

155 Boston Road (Route 30)

162 Cordaville Road (Route 85)

Southborough, MA 01772

508.485.8585

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

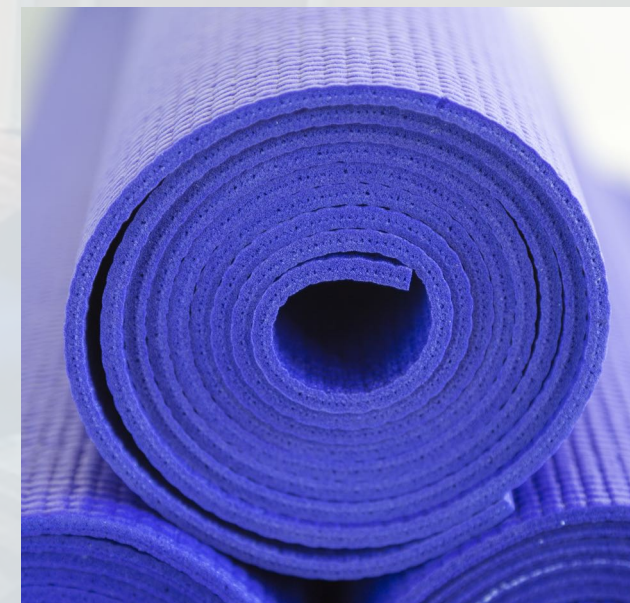
1. Muscle strengthening
2. Increased flexibility and range of motion
3. Improved balance/decreased risk of falls
4. Improved body mechanics and ability to initiate movement
5. Yoga may help decrease pain and need for medications
6. Yoga may lessen side effects and complications of medical procedures
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.