



Let Your Yoga Dance for Parkinson's!

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER

Through a generous grant provided by the American Parkinson Disease Association, MA Chapter, you are invited to a Let Your Yoga Dance® series held for our Parkinson's community in the Berkshires

What is Let Your Yoga Dance for Parkinson's?

Let Your Yoga Dance for Parkinson's is a unique, healing movement and yoga fusion, done in and around chairs. It has brought increased strength, flexibility, balance, and JOY to hundreds of Parkinson's students. It combines gentle yoga, easy dance, meditation in motion, and love with delightful world music. Created by Megha - Nancy Bутtenheim over ten years ago, this eight week class series is a great boost for body, mind, spirit. Get ready to increase your joy!



**Let Your Yoga Dance for Parkinson's is Healing through Joy! No experience necessary.
Loved ones and Caregivers are welcome and wanted!**

"Megha is a master teacher who infuses her work with deep knowledge, passion, and sensitivity. By blending yoga and dance together in creative ways, Megha offers enriching, soulful experiences for students of all levels and abilities."

-David Leventhal, Director, *Dance for Parkinson's*



Dates: Wednesdays, thru August 16, 2017

Time: 10:10-11:10 AM

Location: Berkshire Yoga, Dance & Fitness
55 North Street, Suite 201
Pittsfield, MA 01201

Elevator Access to the 2nd Floor Studio

Instructor: Megha Nancy Bутtenheim, M.A./E RYT 1000

Registration is required. To Register, Contact Megha:

Email: megha@letyouryogadance.com

Call: 413-329-7887

About Megha



Megha Nancy Bутtenheim is Founding Director of Let Your Yoga Dance® LLC. She has taught Let Your Yoga Dance for Parkinson's since 2007, and has worked closely with both the National Parkinson Foundation, the American Parkinson Disease Association, and NeuroChallenge or Sarasota, Florida.