

Instructors

Brahmi Gold-Bernstein, C-IAYT, E-RYT

Brahmi is Director TriYoga Boston, is a Senior TriYoga teacher and Teacher Trainer, certified Yoga Therapist, and Co-Director of the TriYoga Therapeutics Training Program at TriYoga Boston. Brahmi has over 44 years of experience with the healing power of yoga and helping others maximize their wellbeing and reduce suffering through yoga.

Lorraine Jacobsohn, RN, MSN, PMHCNS-BC, APHN-BC, C-IAYT, E-RYT 500

Lorrie is a Psychiatric Clinical Nurse Specialist, an Advanced Practice Holistic Nurse and an advanced practice Certified Addiction Nurse at the Massachusetts General Hospital. She works on the Addiction Consult Team and in the Bridge Clinic. Lorrie is Co-Director of the TriYoga Therapeutics Training Program at TriYoga Boston. She blends her nursing background with yoga teaching and yoga therapy to provide an evidence-based, relationship-centered, holistic approach that empowers people to move towards their maximum potential and highest level of wellness.

Cathi Thomas, MS, RN, CNRN

Cathi is the Nurse Coordinator of the APDA Information and Referral Center at Boston University Medical Center. During the past twenty-five years Cathi has provided care to individuals with Parkinson's disease and their families. As a Clinical Nurse Specialist in neuro-rehabilitation, she has developed programs to assess the impact of Parkinson's disease on patient and family and to assist them in coping with this condition.

Tamara Rork DeAngelis, PT, DPT

Tami is a senior physical therapist at the Center for Neuro-rehabilitation, where, since 2006, she has been providing clinical care and participating in research and educational activities to persons with Parkinson disease and related movement disorders. Tami is also the Coordinator for the American Parkinson Disease Association National Rehabilitation Resource Center at BU where she provides information and resources on exercise and rehabilitation to patients, families and health care providers around the country.

*This program sponsored by the
Massachusetts Chapter of the American
Parkinson Disease Association and
TriYoga Boston, a non-profit organization*



MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

Yoga for Parkinson's

June 5-7, 2020

10 am – 6 pm



Teacher Training Certificate Program

*Learn how to create a safe and
effective practice for Parkinson's*

Location

TriYoga Boston
60 Prospect Street
Waltham, MA Phone:
781 609-2497

E-mail: info@TriYogaBoston.org
Register Online: www.TriYogaBoston.org

What You Will Learn

Discover the unique needs of students with Parkinson's.

- Understand motor and non-motor symptoms.
- Understand current treatments and management of symptoms.
- Learn yoga's benefits for Parkinson's.
- Gain familiarity with research that supports benefits of yoga.
- Assess and match yoga practices to individual student needs.
- Gain in-depth knowledge of target areas for stretching, strengthening and balance.
- Create a safe and effective group yoga class for different levels of ability.
- Ensure a safe environment for those with Parkinson's and other movement disorders.
- Integrate yoga philosophy and the full scope of yoga practices to help clients reduce or manage symptoms, improve strength, flexibility, balance, breathing, coping and mental outlook.

Curriculum

- Research on benefits of Yoga for Parkinsons
- A yoga practice to improve balance, strength, and flexibility
- Expert presentations on understanding Parkinson's
- Yoga for non-motor symptoms
- The role of exercise and the goals of asana
- Safety considerations
- Interaction with Parkinson's patients just completing a 7-week yoga series
- Yoga and Balance
- Increasing Flexibility
- Increasing strength
- Chair practices
- Parkinson's anxiety & depression
- Yoga philosophy on avoiding suffering
- Managing energy, improving mood, optimizing brain health
- Practice session
- Yoga Nidra



Certificate Program

Upon completion, you will be able to create a 7-8 week course for those still able to get up and down from the earth. You will also learn how to teach a Yoga for Parkinson's chair class.

Who Should Attend

Yoga instructors and healthcare professionals, including: physical therapists, social workers, occupational therapists, recreation specialists, and personal trainers.

Program Cost

\$390 / \$360 before May 15th

Cost does not include lodging or meals

Lunch included the second day.