

Yoga, Wellness, and Parkinson's Disease

Designed for individuals with early Parkinson's

Experience the empowering benefits of yoga and wellness in this specially designed 7-week program

TriYoga and the American Parkinson Disease Association Massachusetts Chapter have developed a 7-week program. Each class includes a yoga session with stretching, strengthening, breathing, meditation, research, and education. No previous yoga experience required. Participants must be able to get down to and up from the floor. Space is limited. Pre-registration is required.

JOIN US FOR A FREE INFORMATION SESSION SATURDAY, MARCH 28 AT 12:00 PM

Program Schedule 2020

Classes are Saturdays 12–1:30 PM

Course Fee \$60

Limited scholarships are available

April 18	Improving balance
April 25	Increasing flexibility
May 2	Maintaining strength
May 9	Managing energy to do the things you love
May 16	Improving mood & Optimizing Brain Health
May 23	No Class – Memorial Day Weekend
May 30	Improving Sleep
June 6	Lifestyle and nutrition for overall health



TriYoga Boston, 60 Prospect St., Waltham, MA

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TriYoga  Boston

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PARKINSON DISEASE
ASSOCIATION

MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.