

# TriYoga Boston

## Yoga for Parkinson's

11:30 – 12:30 on Fridays

Begins April 1st



This class is for people living with PD and their partners/caregivers. A combination of seated and chair-assisted poses will improve strength, flexibility and balance. The yoga techniques, including asanas, breathing, mudras, and concentration techniques, will help manage the motor and non-motor symptoms of Parkinson's. Most importantly, students will increase their sense of calm, relaxation and wellbeing. Research on the benefits of yoga for PD will be presented.

Taught by Beth (Brahmi) Gold-Bernstein, Director TriYoga Boston, E-RYT 500. Brahmi has over 40 years of yoga experience. She developed the 5-day Yoga for Parkinson's teacher training program with the Boston APDA. Brahmi will be joined by teachers in the Yoga Therapy training program who have completed the Parkinson's training.

**Classes are \$10 each or \$80 for 10 classes.**

**Located in a beautiful studio at  
60 Prospect Street, Waltham  
Parking is available**

**For more information call: 781-609-2497  
Registration is requested (but not required) at  
[www.triyogaboston.org](http://www.triyogaboston.org)**