Let Your Yoga Dance®
For Parkinson’s

ZOOM in with Megha
Every Wednesday,
from May 13- November 4, 2020
10:00am-11:00am

Join Megha-Nancy Buttenheim for an ongoing
Let Your Yoga Dance for Parkinson’s series, held
on ZOOM video, every Wednesday from May
13-Nov 4.

Created by Megha over two decades ago, Let
Your Yoga Dance is a unique, joy-based
transformational movement practice combining
gentle, user-friendly dance, easy yoga, the
chakras, breath, moving meditation, qigong,
and relaxation - with eclectic music from around
the world.

Let Your Yoga Dance for Parkinson’s brings this delightful practice to the Parkinson's community, offering a mix of
movement, song, creativity, and easy yoga that has brought increased strength, flexibility, balance and JOY to
hundreds of Parkinson’s students since 2007. This is a safe, joyful practice that literally anyone can do — in and around
chairs — because it is offered in a fun-filled compassionate environment. It is accessible to everyone, both students and
caregivers.

This class is possible in part by a generous grant from the
American Parkinson Disease Association.

This video live class is designed for the Parkinson’s community of
Massachusetts, your loved ones, and caregivers. Invite your friends along for this healthy, virtual joy fest. No experi-
ence necessary.

LYYD for PD is offered at a discounted suggested
donation of $5-$10 per class (Paypal, Credit
Card, Check accepted), payable to the instructor.
Advanced registration appreciated.
www.letyouryogadance.com

For more information, contact by email:
megha@letyouryogadance.com or
by phone: 413-329-7887.

Let Your Yoga Dance®... Where Joy and Fun Meet Deep and Sacred