

BODY WISDOM



# Movement Laboratory and Gentle Yoga for Parkinson's Disease

with Donna Brooks, RSME, C-IAYT, BS

**Wednesdays**  
9:30 <sup>AM</sup> - 10:45 <sup>AM</sup>

**at Wellspring Integrative Neurotherapy**

104 Russell Street (Route 9), Hadley, MA

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**Fun filled and interesting classes** that offer an innovative and effective fascia release for fluidity, 3D movement and better balance. Students report more ease and uprightness in posture, less fear of falling, release of chronic stress and feel more body support and strength.

**Donna Brooks** has been teaching Yoga and somatic movement since 1981. She studied Yoga and Parkinson's through the Boston University Yoga Program, is a graduate of the Mark Morris Dance for Parkinson's training and has been teaching this class for Parkinson's patients for 7 years. She presented her method in the summer of 2017 at a Dartmouth-Hitchcock conference on Parkinson's Disease and will be presenting at the International Congress for Movement and Cognition held at Harvard in July of 2018.

*Donna Brooks studied Yoga for Parkinson's through the Boston University Parkinson's program and is a graduate of the Mark Morris Dance for Parkinson's training. She has been a Yoga teacher since 1981 and a Yoga therapist and somatic movement educator since 1990. Along with working with Parkinson's patients she has a full practice helping her clients slow down the aging process; relieve the long term effects of injury; recover from neglect, stress and chronic pain.*

Cost is \$120 for 6-weeks of ongoing classes.

**Contact Donna Brooks RSME, C-IAYT, BS**

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