

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 8-week program

TriYoga and the American Parkinson Disease Association Massachusetts Chapter have developed an 8-week program. Each class includes a yoga session with stretching, strengthening, breathing, and meditation. This will be followed by a facilitated discussion incorporating education, support, and a healthy snack. Participation does not require previous yoga experience. Space is limited. Pre-registration is required.

JOIN US FOR A FREE INFORMATION SESSION SATURDAY, MARCH 17 AT 12:00 PM

Program Schedule

Classes are Saturdays 12–2 PM

Course Fee \$60

Limited scholarships are available

April 7	Improving balance
April 14	Increasing flexibility
April 21	Improving strength
April 28	Managing energy to do the things you love
May 5	Improving mood
May 12	Optimizing brain health
May 19	Improving sleep
May 26	No Class – Memorial Day Weekend
June 2	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.