



YOGA FOR PARKINSON'S

12 WEEK YOGA SERIES
FOR INDIVIDUALS WITH PARKINSON'S
AND THOSE THAT CARE FOR AND LOVE THEM

Monday, March 5 – Monday, June 4, 2018

11:30am – 12:30pm

(NO CLASS MONDAY, APRIL 16)

Cost: \$60.00

(Non-members, family members & caregivers)

DopaFit members are free

Location:

DopaFit-Parkinson's Wellness Center

116 Pleasant Street Suite #251

Easthampton, Massachusetts 01027

For more information and to pre-register,
contact Heather Monson at
(413) 310-0548 or hlmonson@yahoo.com

"According to the **American Parkinson Disease Association (ADPA)**,
yoga therapy has been shown to visibly reduce tremors and improve
the steadiness of an individual's gait.

Yoga is one of the most beneficial complementary therapies for
Parkinson's disease (PD), helping to increase flexibility; improve
posture; loosen tight, painful muscles; build (or rebuild) confidence;
and, through these benefits, enhance quality of life."

~ Yoga International

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partnership with DopaFit-Parkinson's Wellness Center

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.

DopaFit

