

STARTS APRIL 10TH

# YOGA AND PARKINSON'S

Experience the empowering benefits of yoga

ONLINE CLASSES  
JOIN FROM ANYWHERE



Saturdays, 12:00 - 1:00 pm ET  
\$12 drop-in

10-class pass; unlimited classes  
with replays available

**Improve balance, increase flexibility,  
strengthen, increase energy,  
improve mood, sleep better**

[www.TriYogaBoston.org](http://www.TriYogaBoston.org)  
781 609-2497  
[info@triyogaboston.org](mailto:info@triyogaboston.org)