

YOGA FOR PARKINSON'S

*A Special Class to balance the nervous system
And ease aches and pains.*

Soothe and Invigorate

with Cathy Mann

Certified Yoga Therapist and Iyengar Yoga Teacher



A Four Week Online Session

Tuesdays

5 to 6 pm

\$48

*In this class, we will stretch to lubricate the muscles and joints,
practice yoga posture to build strength and focus on the breath
to reduce stress. Finally, we will observe the effect on our
physical and emotional state.*

Contact: Cathy Mann at cathymannyoga@gmail.com

To Pay: venmo CatherineManniayt or www.theyogastudiomillis.com

CLASS WILL BE ONLINE USING ZOOM.

Once Registered, participants will be given a code
to use for all four classes

To join the class, you need to download Zoom on your phone, laptop or iPad.

To get a better view buy a HDM1 cord to connect your device to your TV

Apply the code for the class or click the link

Set your camera up about 6 feet away

Set up your mat and have a blanket, pillow and a chair nearby

Perhaps allow 10 minutes to position yourself prior to class.