



*This program is brought to you by the Massachusetts Chapter of the
American Parkinson Disease Association*

Yoga Teacher Training

**Strength, Balance and Flexibility
for Students with Parkinson's Disease**



*Come enhance your understanding of how to guide
your students with movement disorders through yoga practice.
Discover, too, how to tap into the spirit beyond physical challenges.*

This half-day seminar presents yoga teachers with strategies and safety tips they can use to guide their students who have limitations associated with movement disorders.

The afternoon begins with asana practice, followed by interactive whole-group and small-group sessions led by a certified yoga instructor living with Parkinson's and health care professionals specializing in Parkinson's.

Saturday, January 21, 2012

12:30 pm – 5:30 pm

TriYoga of Boston

\$50 (includes lunch)

Seminar participants will learn to

- Understand the disease, what it is and what it isn't
- Identify motor and non-motor symptoms of the disease
- Gain insight into the benefits of yoga specific to movement disorders
- Plan modifications to asanas and flows to best suit a student with Parkinson's
- Ensure safety before, during and after class, with tips on studio set-up, asana supports and scheduling
- Design a class with a balance of asana, pranayama and meditation for students with Parkinson's disease
- Enhance relaxation throughout the class as well as in savasana.

Praise from past participants:

“Yoga for Parkinson's training was one of the most informative workshops that I have attended in the 30+ years of teaching yoga.”

“It was one of the most comprehensive trainings I have attended on a chronic condition.”

“Thank you again for preparing and offering such a thoughtful and comprehensive training.”

Presented by

Tamara Rork DeAngelis, PT, DPT, GCS, Senior Physical Therapist, Department of Physical Therapy and Athletic Training, Sargent College: Boston University.

Renee Le Verrier, RYT, LIM (Less Is More) Yoga, www.limyoga.com.

Author: *Yoga for Movement Disorders: Regaining Strength, Balance and Flexibility for Parkinson's Disease and Dystonia* (Merit 2008) and *Companion DVD to Yoga for Movement Disorders* (Merit 2010).

Cathi A. Thomas MS, RN, Program Director Parkinson's Disease and Movement Disorders Center, APDA Center Coordinator, Boston University Medical Center.

To register, or for more information, please call the APDA at 800-651-8466 or visit the web site at www.apdama.org

TriYoga of Boston
60 Prospect Street, Waltham, MA

For directions and parking information: <http://www.triyogaboston.org/>