



*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.*

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**T**his 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.

**T**he 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.

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**Saturday, March 6, 2010  
1:30 pm – 5:30 pm  
Yoga by Donation  
Portsmouth, NH**

## Seminar participants will learn to

- understand the disease, what it is and what it isn't
- identify the major muscle groups affected by 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 in their classes including when making adjustments in a pose
- 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.

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*Presented by*

**Tamara Rork DeAngelis, PT, MSPT, 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](http://www.limyoga.com).

Author: *Yoga for Movement Disorders: Regaining Strength, Balance and Flexibility for Parkinson's Disease and Dystonia* (Merit International Publishing).

**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](http://www.apdama.org)**

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Directions to Yoga by Donation  
147 Congress St., Suite C, Portsmouth, NH

- Yoga by Donation is located above Portsmouth Health Food at the corner where Congress Street becomes Islington Street and where Middle Street becomes Maplewood Avenue in downtown Portsmouth, NH.
- Metered parking is available behind and across the street from our building, with free parking before 9 am and after 7 pm and all-day on Sundays and holidays.
- There is also free two-hour parking available a short walk down Islington Street.
- If the front door is locked either go through the health food store to the back of the building or walk around to the back and come up the back stairs or handicap-accessible elevator to the second floor. If you get lost, call us at 603-766-0979.