



*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 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, March 19, 2011
10:30 am – 4:30 pm
Yoga Center of Newburyport, Newburyport, MA
\$45 (includes lunch)**

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 ways to set up transitions and when to make 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.

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.

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**

Directions to Newburyport Center for Yoga
12 Maple Street, Newburyport, MA

From the North and South

- Rte 95 N to exit 57 onto Rte 113E towards Newburyport
- Follow 113/Storey Ave for approximately 2 miles
- Turn left onto Forrester Street
- Take the first right onto Maple Street; #12 is a small white bldg. on the left
- Parking is available on the street or in the lot across from the studio
- Entryway to the studio is through the gate to the back.

From the West

- Rte 495 to exit 55 onto Rte 110 "to Rte 95"
- Follow 110 through two traffic lights to Rte 95 S and follow directions above

978-420-4340