

In our yoga classes for people with Parkinson's disease, we will be working with breath, movement, thought, voice, and sound. Through creative use of these branches of yoga, we will seek ease and relief from common issues associated with PD. Caregivers are welcome to participate.

The approach will be gentle, yet motivating. We will practice using chairs, with some standing movements. Modifications will be offered for those that cannot stand or have other limitations. Sneakers and loose, comfortable clothing are recommended. *For more information, call Hope Soars 518.428.0056.*

Come enjoy the flow of yoga in your body, mind, and spirit.

Thursdays 10:30 – 11:30 am
Honest Weight Co-op
100 Watervliet Avenue, Albany NY



ALBANY MEDICAL CENTER
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CHOSEN FOR OUR CARE.

Presented By



HOPE SOARS
AWARENESS. EDUCATION. RESEARCH.
for the Parkinson's Community