

Yoga can be a potent life skill for people living with Parkinson's Disease and other movement disorders. Paying attention to breath to calm the nervous system, bringing awareness to the body, increasing flexibility to spine and all joints, developing core muscle strength to support balance can all bring ease to the body and a sparkle to the students' eyes. An additional benefit is increased confidence and grace in the body. Small improvements of flexibility can have far reaching benefits for the quality of daily living.

*Linda Derick, MA, MA, RYT, LMST, has been practicing yoga for 50 years and has been a licensed massage therapist for 40 years. She was the Director of the CT Center for Massage Therapy for 20 years, retiring recently to return to her roots and the work that she loves; her massage therapy practice and teaching yoga. She was certified by the American Canoe Association as a Stand-up Paddleboard (SUP) instructor in 2014 and after graduating from the Sacred Rivers 200-hour certification program, became a Yoga Alliance certified instructor in 2015. She runs the SUP Yoga program on Andover Lake in the summer. She teaches all-level yoga classes as well as yoga for people with movement disorders.*

