

Yoga for Parkinson's:

Yoga for Parkinson's offers a specifically designed class for the symptoms and limitations of people with the disease. With various levels of the disease, from able bodied to physically challenged, the instructor will address their needs appropriately. She will address the application of these ancient techniques in the areas of stress management, personal and spiritual growth. The class will provide accessibility to the practical benefits of the exercises to everyday life.

Yoga Nidra is a special yoga that is meant to help you fall asleep. We teach it virtually so that you can stay home and benefit from the relaxed feeling after the class and not have to drive home. Please call for a class schedule or look on the web-site.

Instructor: Linda Derick

Please email inquire@beatpdtoday.com or call 860.918.9594 to register or more information.