



breathing place
yoga

www.breathingplace.com

Yoga for Parkinsons

Reconnect with yoga to support the body

Saturday 26th November 2011, 12.15pm



Parkinson's is a degenerative disease characterised by symptoms such as tremors (involuntary shaking), rigidity of the muscles and imbalance. Physical limitations can cause a sense of disconnection. Yoga for Parkinsons will use yoga poses to help with balance and develop self-awareness of motor control and subtle muscular functioning.

The practise of yoga aims to reduce stiffness and increase strength. Yoga helps to calm the mind through breath work and introduces relaxation. The class will focus on body awareness and breathing as well work with balance and coordination. Classes consist of a sequence of postures which are taught whilst sitting on a chair using adaptations and modifications, so regardless of the severity of your symptoms postures can be adapted to suit you.

Taught by Patricia O'Connor, who began practicing Hatha yoga almost 15 years ago and qualified as yoga instructor with Yoga Therapy Ireland (YTI) in 2004. Patricia has a strong interest in yoga therapy and completed a post graduate diploma with YTI in 2006. Patricia uses the physical postures, breath work, and relaxation of hatha yoga to make it assessible to people of all ages and abilities.

This 4 week course is suitable for all levels of ability, even newcomers to Yoga.

Cost: €52 for 4 weeks.

Call 045 893755 or book online at www.breathingplace.com