



Yoga & Exercise for Parkinson's Disease

EVERY MONDAY

10:30-11:30am

@

The Center SF

548 Fillmore Street

(between Oak & Fell)

Rates:

Drop In: \$18

5-Class Pass: \$85

10-Class Pass: \$160

Introductory Offer: 2nd class FREE

60-minute group class designed for people with Parkinson's Disease (PD) who are experiencing common symptoms such as stiffness, slowness, stooped posture, freezing, shuffling gait, facial masking, and decreased balance.

This class seeks to improve function and mobility via stretching, strengthening, yoga postures, breathing exercises, facial exercises, balance strategies, techniques to increase fluidity and amplitude of movement, and meditation/relaxation.

Chairs are available for those who have difficulty getting on/off the floor.

If you need assistance to walk, please have a caregiver attend class with you for your safety.

CLASSES LED BY KELLY ARIAGNO, PT



- Neurological Physical Therapist
- Yoga Teacher
- LSVT "BIG"® Certified (therapeutic program for PD)

For more information:

www.kellyariagno.com

integrativephysio@gmail.com