



Mindful Movement for Parkinson's Professional Training

The Top - Ten Essential Ways to Create Classes for Those Living with PD and other movement disorders.

Close to 35,000 people living in Ohio have been diagnosed with Parkinson's disease (PD), a chronic illness both progressive in nature and without a cure. *YogaReach* for PD is a therapeutic yoga program that teaches an integrated and highly specialized system of adaptive yoga movements "grounded in real life." Adaptive therapeutic yoga is a leading complementary therapy for those affected by Parkinson's disease and other movement disorders. This workshop will clarify how to stimulate neuro pathways for those affected by PD by promoting awareness of movement, choice in action, and mind/body connection. This 18-hour CEU workshop includes lecture, demonstrations, role playing, practice, brain teaser games, meditation, and discussions. We welcome certified yoga therapists, yoga teachers, healthcare providers, fitness coaches, care partners and others to acquire the skills to teach a *YogaReach* Mindful Movement class for PD in their communities. Prior yoga experience is not necessary. As part of the workshop curriculum, attendees will also observe and work with people diagnosed with PD during a class session.

Join our community of like-minded people and gain tangible adaptive, accessible *YogaReach* tools that increase the well-being of those diagnosed with Parkinson's. Discover how to transform your teaching style to make it informative and inclusive for people living with PD in your communities.

By the end of this course participants will be able to:

- Acquire and understand the definition of Parkinson's disease and how it alters PWP differently.
- Recognize how motor and non-motor symptoms affect clients.
- Understand how neuroplasticity has a positive mind-body effect.
- Teach breath work and mindful stress management techniques.
- Develop skillful language to be utilized during instruction, discussion, and practice.
- Create safe class management skills while teaching safety and prevention techniques.
- Develop their own emotional and somatic awareness required to enrich the principles of stress management.
- Comprehend the carepartner's role.
- Appreciate how *YogaReach* Mindful Movement practice implements skills on and off the mat.
- Launch *YogaReach* Mindful Movement classes in your community.

"LIVE" Workshop Information

Dates/Times:

Friday Evening	April 28, 2023	5:00 – 8:30 pm
Saturday	April 29, 2023	8:30 am – 4:30 pm (1/2 hr. for lunch)
Sunday	April 30, 2023	8:30 am – 1:30 pm

***Attendance at all sessions is required.**

Location: InMotion, 23905 Mercantile, Beachwood, Ohio. 44122

Cost: FREE for compassionate professionals residing in Ohio.
This workshop was provided by a generous grant from the Ohio Parkinson's Foundation Northeast Region.



Check out our website: www.yoga-reach.org/events for workshop details.

Registration: Registration requires the completion of an application and acceptance by the *YogaReach* Team. Please contact Char, yogareachpd@gmail.com if interested in attending an application will be sent to you. If accepted, notification will be sent immediately.

Additional Requirements if accepted: Upon acceptance, please send \$45. to Char Grossman - Venmo or Zelle for the Teacher Manual and Handouts.

Please complete APD Association Online Course and send Char the certificate of completion. (qualifies - 2 CEU's)
The American Parkinson's Disease Association offers a Parkinson's Training for Fitness, Health and Wellness, online course.
The link is: www.apdaparkinson.org/pd-fitness-training

Excited to have you participate.

Char

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"If you put your mind and body together, you will see changes".

