

# PD Yoga in 2020

*Yoga has both functional and psychosocial benefits that can be suited to a variety of abilities. Yoga moves all the joints and muscles in your body. It improves posture, balance and gait. Yoga deepens your breathing and your body awareness. It gives you greater physical confidence and peace of mind. With creative support of props like chairs and the ballet barre, simple postures can be accessible and enjoyable to most everyone.*

**Dynamic Yoga:** Students in this class need to feel comfortable standing and getting up and down from the floor. We will practice standing poses to strengthen legs and spinal support along with twists, gentle back bends and balancing poses. Class will begin and close with awareness practices and time to rest and integrate the movement.



**Yoga with Chairs:** This class is designed for people who need more postural support and may use walkers and wheelchairs to get around. The class will include many of the same movements as the Friday class but at a slower pace and with more support. Partners and care givers are encouraged to take class also.

## When:

Fridays, 9:45 – 10:45 AM  
Jan. 10 - March 27

## When:

Wednesdays, 10:15 - 11:15 AM  
Jan. 8 – March 25

## Where:

Bodyscapes Fitness Center  
Longwood Medical Area  
77 Avenue Louis Pasteur  
Boston, MA 02115



## Instructor:

Clementine Cummer,  
certified yoga teacher,  
with advanced training  
in yoga therapeutics.

## Register:

WellnessWorks@bidmc.harvard.edu or 617-667-5215