

YOGA THERAPY for PEOPLE with PARKINSON'S DISEASE and FAMILY MEMBERS or CAREGIVERS

The goal of this series is to help people stretch and strengthen the body, breath, and mind. Each class will include yoga poses and breathing exercises, and a long deep relaxation. Students will be encouraged to modify the poses as needed and to find ways to make the practice their own.

Carrboro Yoga Company

Fridays 12:00-1:15

September 6 – November 8 (no class October 4, 18)

\$120

Class limited to 10 students

To sign up or get more information:

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