

Gentle Yoga for Movement Disorders

Mondays at 2pm

at Project Yoga Richmond with Sarah Humphries

Do you have Parkinson's disease,
essential tremor, dystonia, MS,
or another neurological condition?

Come and see how a regular yoga practice can help!
"Enjoy Yoga" and find your Joy in Yoga!

Day: Mondays **Time:** 2:00 – 3:00 pm

Place: Project Yoga Richmond (PYR) studio

Location: 6517 Dickens Place, Richmond, VA 23230

Audience: Anyone with a movement disorder, their spouse or care partner

Instructor: PYR Ambassador, Sarah Humphries, ERYT – 200

Cost: All on-site classes are donation-based. On-site suggested donation is \$10 per class or pay what you can. Cash and check only, please.

Website: www.projectyogarichmond.org

Contact: Sarah Humphries by phone: (804) 840-4881 or
by email: sarah.humphries@verizon.net



Yoga postures and deep breathing exercises help alleviate symptoms such as slowness, stiffness, tremor, and anxiety that occur with movement disorders. This class will be tailored to the group so the postures will be gentle, comfortable, and focus on total body stretching, strengthening, balance, meditation and intentional breathing. The class will use chairs, with some standing or lying postures for those who are able. Participants will be encouraged to work at the level of their ability. A limited number of mats are available. Bring your own mat if you have one, and dress comfortably for ease of movement.