



CLASS SCHEDULE:

**EVERY
WEDNESDAY
1PM-2PM**



St Matthews
The Apostle
Episcopal Church
7410 Sunset Drive
Miami, FL 33143

BRAIN CENTER PROUDLY PRESENTS:

CHAIR YOGA FOR PARKINSON'S DISEASE

Yoga is an excellent form of exercise for people with PD as it involves stretching exercises for the whole body. Yoga increases flexibility, improves posture, loosens tight, painful muscles and builds confidence. Additionally, controlled breathing exercises promote relaxation of the mind and the body, helping people to be more attuned to their bodies.

**For questions,
please call:
Carolina Hoires
(305) 856-8940
Ext. 104**

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