

Let Your Yoga Dance® For Parkinson's

ZOOM in with Megha
Every Wednesday,
from May 13- November 4, 2020
10:00am- 11:00am



Join Megha-Nancy Buttenheim for an ongoing Let Your Yoga Dance for Parkinson's series, held on ZOOM video, every Wednesday from May 13-Nov 4.

Created by Megha over two decades ago, Let Your Yoga Dance is a unique, joy-based transformational movement practice combining gentle, user-friendly dance, easy yoga, the chakras, breath, moving meditation, qigong, and relaxation - with eclectic music from around the world.



Let Your Yoga Dance for Parkinson's brings this delightful practice to the Parkinson's community, offering a mix of movement, song, creativity, and easy yoga that has brought increased strength, flexibility, balance and JOY to hundreds of Parkinson's students since 2007. This is a safe, joyful practice that literally anyone can do — in and around chairs — because it is offered in a fun-filled compassionate environment. It is accessible to everyone, both students and caregivers.

This class is possible in part by a generous grant from the American Parkinson Disease Association.



This video live class is designed for the Parkinson's community of Massachusetts, your loved ones, and caregivers. Invite your friends along for this healthy, virtual joy fest. No experience necessary.

LYYD for PD is offered at a discounted suggested donation of \$5-\$10 per class (Paypal, Credit Card, Check accepted), payable to the instructor. Advanced registration appreciated.
www.letyouryogadance.com

*For more information, contact by email:
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Let Your Yoga Dance®... Where Joy and Fun Meet Deep and Sacred