

YOGA FOR PARKINSON'S

*A Special Class to balance the nervous system
And ease aches and pains.*

Soothe and Invigorate

with Cathy Mann

Certified Yoga Therapist and Iyengar Yoga Teacher



**A Four Week Online Session
Tuesdays, April 26 to May 17th
5 to 6 pm
\$48**

*In this class, we will stretch to lubricate the muscles and joints,
practice yoga posture to build strength and focus on the breath
to reduce stress. Finally, we will observe the effect on our
physical and emotional state.*

Contact: Cathy Mann at cathymannyoga@gmail.com
To Pay: venmo CatherineManniayt or www.theyogastudiomillis.com
CLASS WILL BE ONLINE USING ZOOM.
Once Registered, participants will be given a code
to use for all four classes

*To join the class, you need to download Zoom on your phone, laptop or iPad.
To get a better view buy a HDM1 cord to connect your device to your TV
Apply the code for the class or click the link
Set your camera up about 6 feet away
Set up your mat and have a blanket, pillow and a chair nearby
Perhaps allow 10 minutes to position yourself prior to class.*