

5th International Conference on

PARKINSON'S DISEASE AND MOVEMENT DISORDERS

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YogaReach Mindful Movement for PD

Char Grossman
YogaReach, USA

I am proud to introduce the YogaReach Mindful Movement for PD Professional Workshop. This adaptive and therapeutic yoga professional training program is built specifically for those serving clients with Parkinson's disease (PD). We will train workshop attendees to launch their very own classes for clients and carepartners living with effects of PD. In my hometown of Cleveland, OH, I have spent over three decades working with populations facing the effects of PD, stroke, and an array of other chronic ailments. I am an active therapeutic yoga instructor at InMotion, a wellness center that serves the growing population of adults living with PD. Since InMotion opened, my highly targeted YogaReach Mindful Movement therapeutic yoga classes for clients and their carepartners have been among the most popular programs offered at the center. In our work, we witness clients with PD reap multiple physical and emotional benefits. YogaReach Mindful Movement programs place a specific focus on helping clients with PD strengthen movements they need for "daily life," such as reaching for an object on a shelf or getting out of a car. Relearning these actions along with a deepening sense of the mind body connection can increase overall client well-being. The YogaReach Mindful Movement for PD Professional Workshop provides in-depth, quality programming that prepares attendees to teach classes which nurture useful skills and reinvigorate spirits.

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