

Yoga FOR PARKINSON'S DISEASE

TUESDAYS 12:30 - 2 P.M. | MAY 14 - AUGUST 13

CLUBHOUSE 5 FITNESS ROOM | FREE

This 60-minute class, open to all Village residents with a previous diagnosis of Parkinson's Disease (PD), offers modifications to ensure safe practices for everyone, emphasizing balance, mobility and strength specific to PD. All ages and ability levels are welcome. Bring your own mat if you have one; however, all necessary equipment will be provided for class participation.

The class will be followed by a 30-minute group discussion.

Register in the Community Center recreation or Clubhouse 5 office, or call 949-597-4273. Space is limited.



with
Nikki Latimer

Nikki Latimer is a student in Boston University's occupational therapy program. She has more than eight years' experience teaching yoga at multiple universities and more than five years' experience working in various outreach groups for individuals with PD.



Laguna Woods Village®

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