

## Presenters

### Tamara Rork DeAngelis, PT, DPT, GCS

Tami is a senior physical therapist at the Center for Neurorehabilitation, where, since 2006, she has been providing clinical care and participating in research and educational activities to persons with Parkinson disease and related movement disorders. Tami is also the Coordinator for the American Parkinson Disease Association National Rehabilitation Resource Center at BU where she provides information and resources on exercise and rehabilitation to patients, families and health care providers around the country.

### Beth (Brahmi) Gold-Bernstein, E-RYT500

Brahmi is Director TriYoga Boston, a non-profit that shares the transformative and therapeutic benefits of TriYoga. Brahmi has been practicing yoga since 1976 (TriYoga since 1993) and is a Senior TriYoga teacher and Teacher Trainer. Brahmi is also the host and producer of WCAC-TV's TriYoga for Health.

### Lorraine Jacobsohn, RN, MSN, PMHCNS-BC

Lorrie is a Psychiatric Clinical Nurse Specialist with expertise in trauma, sudden bereavement, sexual assault and domestic violence. Lorrie teaches several courses in the 500 Hour TriYoga Boston Therapeutic Teacher Training program and oversees nursing programs within the Therapeutic Yoga curriculum.

### Renee Le Verrier, RYT200

Renee, a stroke survivor and person living with Parkinson's, is the author of the book, *Yoga for Movement Disorders* (Revised Edition 2012), as well as the *Companion DVD to Yoga for Movement Disorders* (2010). She teaches yoga at the Partners Parkinson's Center at Massachusetts General Hospital as well as with the Stroke Recovery Program at Whittier Rehabilitation Hospital. In addition to speaking on the benefits of yoga in various venues including the World Parkinson Congress, Renee also co-directs the Arts & Movement Program with the APDA.

### Cathi Thomas, MS, RN, CNRN

Cathi is the Nurse Coordinator of the APDA Information and Referral Center at Boston University Medical Center. During the past twenty-five years Cathi has provided care to individuals with Parkinson's disease and their families. As a Clinical Nurse Specialist in neurorehabilitation, she has developed programs to assess the impact of Parkinson's disease on patient and family and to assist them in coping with this condition.

*This program sponsored by the  
Massachusetts Chapter of the American  
Parkinson Disease Association and  
TriYoga Boston, a non-profit organization*

TriYoga  Boston



## Yoga for Parkinson's Teacher Training Certificate Program

**April 13 – 17, 2013**



*Learn what to focus on, why, and how  
to create a safe and effective practice  
for Parkinson's and other movement  
disorders.*

### Location

TriYoga Boston  
60 Prospect Street  
Waltham, MA

Phone: 781 609-2497

E-mail: [info@TriYogaBoston.org](mailto:info@TriYogaBoston.org)

Register Online: [www.TriBoston.org](http://www.TriBoston.org)

## What You Will Learn

**D**iscover the unique needs of students with movement disorders and how your yoga teaching can meet those needs.

- Identify motor and non-motor symptoms.
- Understand current treatments and management of symptoms.
- Gain insight into yoga's benefits for movement disorders.
- Guide essential seated and standing poses.
- Translate traditional asanas into modified movement.
- Assess and match adaptations to student needs.
- Plan and cue a sample class using props and supports.
- Ensure a safe environment for practice for those with Parkinson's and other movement disorders.

## Curriculum

A team of experts will guide you each day through:

- Asana practice
- Presentations
- Interactive demonstrations
- Hands-on application
- Discussion

Learn why and how Yoga is effective in managing the symptoms and enhancing lifestyle while living with Parkinson's.

Upon certification, you will be able to successfully assess needs and match modifications and supports for:

- Alignment
- Posture
- Balance
- Flexibility
- Strength
- Relaxation
- Breath work
- Yoga off the mat



For more info or to register;  
[www.TriYogaBoston.org](http://www.TriYogaBoston.org) or call 781 609-2497

## Who Should Attend

Yoga instructors, health care professionals, including: physical therapists, social workers, occupational therapists, recreation specialists, personal trainers, and those living with Parkinson's.

*Eligible for YA CEUs*

## Program Options and Cost

### 1-Day

On the first day you will experience a yoga practice, learn about Parkinson's symptoms and treatments, and why yoga is effective in managing symptoms and enhancing lifestyle.  
Cost: \$125\* / \$100 before March 15th

### 2-Days

Come for the weekend and learn more about the specific elements of the practice, how yoga is effective for managing anxiety and depression, and hear from a panel of those living with Parkinson's.  
Cost: \$240\* / \$210 before March 15th

### 5-Days

For those seeking certification the additional 3 days focus on learning modifications, adaptations, sequencing, breath work, and relaxation techniques. Includes demonstration and practicum.  
Cost: \$500\* / \$450 before March 15th

*\*Cost does not include lodging or meals*