



soundyogastudio

feel. think. sleep. move. better.

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SYS/PD Yoga
Newsletter No.3

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Dear Friends,

I want to share some information with you about the research organization [23andMe](https://www.23andme.com). Utilizing advanced genetics technologies, 23andMe is working to determine genetic links to diseases, traits and conditions.

By seeing one's own genetics, it is possible to track the inheritance of specific genes in your family, and give you the ability to share and compare yourself with people around the world.

Parkinson's Disease is only one of the conditions that 23andMe analyzes, and by becoming a participating member, you can help further research the genetics of many diseases and conditions.

You'll be provided with background information on your specific condition and a list of counselors, links and support groups in your area.

It is possible to use the 23andMe service without viewing your results, and all your data is strictly private.

I hope you'll visit: <https://www.23andme.com> and share it with your family and friends. It is fascinating to read how the DNA testing works, and how we could all advance genetic research by participating in online surveys that collect valuable scientific data. By revealing the genetic basis of disease, 23andMe hopes to help make personalized health care a reality.

Keep me posted, I'm here for you,
[Colleen](#)

The Art of Breathing Workshop

This workshop will help you develop effective strategies for using your breath to remain calm during difficult times, and dramatically improve your physical and mental health.

Contact me to schedule **The Art of Breathing** at your home, workplace, or support group.

***CONTACT ME**

For information on:

- Private sessions
- My weekly schedule
- Details on **The Art of Breathing** in September

www.soundyogastudio.com

ABOUT COLLEEN



A lifelong professional musician, Yoga practitioner and dedicated teacher, Colleen draws upon years of experience to provide sound therapeutic instruction.

Colleen received her Yoga Teacher Training from Samata International Yoga Institute with Dr. Larry Payne, and Yoga Therapy Rx Certification from Loyola Marymount University.

Colleen lives in the beautiful Santa Monica mountains of Topanga, CA, and is the mother of two fabulous young adults.