



soundyogastudio

feel. think. sleep. live. better.

5/15/09 PD Yoga  
Newsletter No.1

Hi Everyone,

At last our first PD Yoga newsletter! I welcome your feedback and contributions, and send you all many blessings. It is an honor to be connected with you on this journey,

*Colleen*

### IN THIS EDITION

I'm pleased to announce the recent publication of my article "Why Refer to a Yoga Therapist?" In the May/June edition of "Connections" (Ca Association of Marriage & Family Therapists.) Go to soundyogastudio.com and click on the button: "Articles & Testimonials"

Two Articles on Yoga for PD from the International Association of Yoga Therapists:

#### [Ayurveda and Parkinson's](#)

By Amadea Morningstar, is a very personal account of the author's father and his journey with Parkinson's. For those unfamiliar with the practice of Ayurveda (the medicinal branch of Yoga) this article is a good place to start, and includes an excellent bibliography as well.

#### [On Working with Parkinson's](#)

By H. Paul Zeiger, Ph.D

Dr. Zeiger is a Yoga Therapist with Parkinson's, and his very practical advice and study will be useful for anyone with PD, regardless of Yoga experience.

### CONTINUING CLASSES

For more information, and for my weekly schedule and prices, visit:

[www.soundyogastudio.com](http://www.soundyogastudio.com)

#### Therapeutic Yoga for PD\*

Tuesdays, 6:45 - 8pm  
YogaWorks | Westlake Village  
2475 Townsgate Road  
Westlake Village, CA 91361  
(805) 371-3030  
Price: \$10

\*Call or email to register, space is limited: 310-702-0214  
[colleen@soundyogastudio.com](mailto:colleen@soundyogastudio.com)

#### NEW THERAPEUTIC YOGA IN ENCINO\*

Saturday Afternoons  
Layfield Physical Therapy  
16101 Ventura Blvd. #336, Encino, CA 91436

One Hour Group Classes:  
Single Class: \$15  
Group of 6: \$75

#### Individual Therapy\*

\$75 per session  
Introductory offer: 3 sessions for \$200

**\*Space is limited**

**Call or email to sign up:  
310-702-0214**

**[colleen@soundyogastudio.com](mailto:colleen@soundyogastudio.com)**

"As a neurologist and yoga practitioner, I have been aware of the utility of yoga for my patients with Parkinson's disease (as well as other neurological disorders). Finally we have a local yoga expert that can provide this service to our community. I welcome Colleen whom I have had the pleasure to work with."

**Lorne S.Label, MD,MBA**

### ABOUT COLLEEN



A lifelong Yoga practitioner and dedicated teacher, Colleen draws upon years of experience to provide sound therapeutic instruction. Healing sounds of Himalayan bowls are used to soothe, harmonize, and relax deeply.

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