



soundyogastudio

move. think. sleep. live. better.

6/15/09 PD Yoga  
Newsletter No.2

Hi Everyone,

Since our last newsletter, I had the opportunity to attend a panel discussion on Parkinson's sponsored by the **Michael J. Fox Foundation**. All the research for a cure and more successful pharmaceuticals is impressive and there is so much positive energy behind the foundation. There was some discussion that night about **remedies for the non-movement symptoms** of PD, such as anxiety, depression, cognitive dysfunction, and sleep disturbances.

All the attending physicians and research scientists agreed that Yoga, Tai Chi, Meditation, and general physical exercise have a **positive effect on these symptoms**. They went on to say, most encouragingly, that this positive effect also results in **improved motor function**.

I must say, it did this Yoga teacher's heart proud to hear the esteemed MDs advocate for Yoga! But don't think that all Yoga is the same, and that you have to be able to touch your toes or look like a pretzel. **Yoga is not one-size-fits-all**, and there are many ways to

adapt a Yoga practice regardless of your particular physical condition.

I always say "I am here for you" - to discuss the positive effects of Yoga for all the symptoms of PD - but I really mean it, and hope you will contact me concerning my public classes or private instruction. **Always consult your physician** before doing so, but tell her or him that we will be keeping it simple - beginning and ending with a long exhale.

All my best,

*Colleen*

#### Announcements

##### Remember the Alamo!

Dine at the Alamo Restaurant in Newbury Park, Saturday, June 27, and help raise money for Team Parkinson. (See Attached flier)

#### NEW CLASSES

##### Therapeutic Yoga

Layfield & Associates  
Physical Therapy

Let me design a healing and conditioning practice ideally suited to you.

**Saturdays/Weekdays upon request**

**\$75 Single Session - \$400 Series of six**

Layfield and Associates  
Physical Therapy - 16101  
Ventura Blvd., Ste 336 -  
Encino, CA 91436

##### Restorative & Therapeutic Yoga

Yoga Desa\*

Combining the healing postures of Restorative Yoga with gentle flowing sequences, this is a class for everyone!

Wednesdays, 10:45 - 12:15

Yoga Desa - 120 N Topanga  
Canyon Blvd. - (Pine Tree  
Circle Center) Topanga  
90290

\$16-Single Class - \$140-  
Series of Ten

#### ABOUT COLLEEN



"... Finally we have an expert . . ." Dr. Lorne Label, MD, Neurology

A lifelong Yoga practitioner and dedicated teacher, Colleen received her Yoga Therapy Rx Certification from Loyola Marymount University.

For more about my practice, and regular schedule, please visit: [www.soundyogastudio.com](http://www.soundyogastudio.com)