

# YOGA AND WELLNESS

## Yoga for Parkinson's patients

### YOGA: Alignment of mind, body and spirit

Yoga involves a set of postures and controlled breathing to help attain good physical and mental health. Many studies have proven that these exercises help achieve good health.

Studies have also shown that regular practice of yoga for people suffering from Parkinson's can help control the disease and improve the condition. Stiffness in the body's core is one of the most debilitating symptoms of Parkinson's disease because it hampers the ability to walk across a room or simply stand upright.

Restorative poses and gentle twists that strengthen the trunk are believed to reduce stiffness and improve mobility.

#### Some benefits include:

- Visible reduction in tremors
- Improvement in the steadiness of gait (immediately following yoga session)
- Improved control of body movements
- Improved mobility and range of movement
- Improved balance
- Reduced depression, anxiety and fatigue
- Reduced stiffness
- Improved sleep
- Increased mindfulness

#### There are 3 components to any good yoga program:

- Controlled breathing (Pranayam)
- Postures (Asanas)
- Meditation (Dhyan)



Yoga for people with Parkinson's disease can be done in a chair or on a mat. Pillows and bolsters can be used for support. Loose comfortable clothing should be worn.

An effective yoga and lifestyle program can make a huge improvement in the quality of life for people with Parkinson's disease!

**CLASSES COMMENCE SUNDAY 19TH JULY: 5PM - 6PM**

## Our program:

Our yoga classes are run by Dr Sanjay Raghav - a qualified Yoga teacher who is also a neurologist with special interest in movement disorders which includes Parkinson's disease.

Dr Raghav has successfully conducted yoga classes for Parkinson's patients in collaboration with Parkinson's Victoria.

He has a firm belief in holistic health and believes Yoga is an important tool in keeping yourself healthy in mind, body and spirit.

## Each class will consist of the following:

- Relaxation and meditation
- Yoga
- Wellness information which will assist with coping with PD

## What you will need to wear and bring:

- Comfortable loose clothing
- Drink bottle with water
- You will be provided with a Yoga mat at each week, or you can purchase one for \$35.00.

## Cost and how to book:

- Our yoga classes will operate during school terms. **Sessions are booked as a group booking, not single sessions.** Most terms will operate for a 10 week period.
- A ten week program will cost \$150. Many leading health insurance companies in Australia offer a health rebate if you attend a program (yoga) that improves your health and wellbeing. Please check with your insurance provider beforehand.
- Places are limited to 15 per session - **bookings are essential.**
- Classes will be held at our hospital on Sundays 5pm - 6pm in our Granada gym.
- Please contact us on 9788 3333 to secure your place.

## LOCATION ADDRESS AND DETAILS:

255-265 Cranbourne Road, Frankston, VIC 3199

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Hospital