

Take charge of your health and learn from leading medical and holistic professionals how best to care for yourself and your family. Join us for this 4-day program designed for people living with Parkinson's disease and their care partners, family and friends. You'll participate in workshops covering the latest information on Parkinson's research, medication and lifestyle changes that can impact the course of the disease, improve quality of life, and support personal relationships in a small group setting of 60 people.

This program is taught by leading senior Kripalu faculty with experience in working with people with Parkinson's, supported by a leading movement disorder neurologist and is designed for people living with Parkinson's disease and their loved ones. Each day offers a combination of educational sessions and experiential workshops on the benefits of movement, meditation, yoga, conscious communication and nutrition. It is also a unique opportunity to connect with others facing the same challenges and to begin creating a community and support system.



TOPICS

- PD 101 – What You Need To Know
- Nutrition and Parkinson's
- Parkinson's and Relationships
- Discussion Groups for Participants and Care Partners
- Daily Kripalu Yoga and Yogadance™ Classes
- The Wisdom of Woga
- Benefits of Exercise
- Healthy Living in Years Ahead

CARE PARTNERS

Sessions specifically designed for care partners are included in the program's workshops. Care partners can also enjoy Kripalu's Retreat & Renewal program.

FEATURED SPEAKER



Stephen Cope
Institute for Extraordinary Living
Stockbridge, MA

SPEAKERS



Fernando Pagan, MD
Georgetown University Hospital
Movement Disorders Program
Washington, DC



Ruth Hagestuen, RN, MA
Struthers Parkinson's Center
Minneapolis, MN

"My experience at the NPF Kripalu Yoga Retreat was life-altering. I learned the importance of exercise, the benefits of meditation, helpful advice on lifestyle adjustments and information on current research."

– Retreat attendee



TENTATIVE PROGRAM:

Monday

Check-in, Dinner, Orientation,
Welcome Evening Session

Tuesday

Yoga, Breakfast, PD 101, YogaDance™, Lunch, Parkinson's and Relationships, Patient and Care Partner Discussions Groups, Yoga, Dinner, Group Social

Wednesday

Yoga, Breakfast, Benefits of Exercise, Tai Chi, The Wisdom of Yoga, Resilience, Patient and Care Partner Discussions Groups, Dinner

Thursday

Yoga, Breakfast, Tai Chi, Patient and Care Partner Discussions Groups, YogaDance™, Noon Dance, Nutrition, Cooking Demo, Dinner, Yoga Nidra

Friday

Yoga, Breakfast, Healthy Living, Lunch, Noon Dance, Check-out

TUITION

\$100 for qualified applicants and \$100 for each care partner
Kripalu Healing Arts services are provided by Kripalu for an additional cost.

MEALS AND ACCOMMODATIONS

Meals are included in room costs below:

\$107 per night/per person
Shared room with hall bath

\$183 per night/per person
Shared room with private bath

HOW TO GET THERE

Kripalu is a 2.5 hr. drive from New York or Boston. Fly into Albany, NY airport (ALB) and take pre-arranged transportation to Kripalu located in Stockbridge, MA. Transportation is not included in the tuition fee. Please make your own arrangements. Driving and train directions are available at www.kripalu.org.

CONTACT / REGISTRATION

To find out if you qualify for this program or for more information, please contact:

National Parkinson Foundation
800-473-4636
helpline@parkinson.org

Learn more at www.parkinson.org/retreat



Kripalu center for yoga & health

Kripalu center for yoga & health is a nonprofit educational organization dedicated to promoting the art and science of yoga to produce thriving and health in individuals and society. For more than 30 years, Kripalu (kri-PAH-loo) has been teaching skills for optimal living through experiential education for the whole person: body, mind and spirit. It is the largest and most established retreat center for yoga, health and holistic living in North America. Kripalu Center is located in the beautiful Berkshire mountains of western Massachusetts. Guests enjoy walking trails, private lakefront property, a labyrinth, sauna and whirlpool, fitness room, café and bookstore and renowned Healing Arts services. Your stay includes delicious, nutritious meals prepared from local and organic ingredients.

www.kripalu.org



The mission of the National Parkinson Foundation is to improve the quality of care for people with Parkinson's disease through research, education and outreach. Founded in 1957, NPF is a leading national organization with an extensive network of Chapters, Support Groups and Centers of Excellence in the United States, Canada and internationally. Unique among the national Parkinson's organizations, NPF is the only organization with a singular focus on improving the quality of care in Parkinson's disease. NPF has funded more than \$164 million in research, education and support services.



HELPLINE: [English /Español](#)
1.800.4PD.INFO (473-4636)
Get your PD questions answered.

www.parkinson.org

Navigating a New World: Wellness Retreat for Recently Diagnosed Parkinson's Patients & their Care Partners



Presented by
National Parkinson Foundation
and **Kripalu center for yoga & health**

October 29 - November 2, 2012
Kripalu Center, Stockbridge, MA

