ake 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 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 70 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 201 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 Yoga
- Benefits of Exercise
- Healthy Living in Years Ahead

CARE PARTNERS

Sessions specifically designed for care partners are included in the program. Care partners may also take time for self care or Healing Arts.

SPEAKERS



Nina Browner, MD
Assistant Professor, Director
National Parkinson Foundation
Center of Excellence, Clinical
Director Movement Disorders
Center, UNC-Chapel Hill



Susan Imke, RN, MSSenior Health Solutions, Inc.
Ft. Worth, TX



Maria Sirois, PsyD Kripalu Healthy Living Program Faculty, Author of Every Day Counts: Lessons in Love, Faith and Resilience



Aruni Nan FuturonskyKripalu Healthy Living Program
Faculty, Author of *Already Home:*Stories of a Seeker

"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:

Sunday

Check-in, Dinner, Welcome Orientation, Program Opening Session

Monday.

Yoga, Breakfast, PD 201, Resilience, Lunch, Parkinson's and Relationships, Share Groups, Beginner Yoga, Dinner, Group Social

Tuesday

Yoga, Breakfast, Benefits of Exercise, YogaDance™, Lunch, Nutrition, Share Groups, Dinner, Cooking Demo

Wednesday

Yoga, Breakfast, Tai Chi, The Wisdom of Yoga, YogaDance™, Lunch, Share Groups, Free time, Dinner, Yoga Nidra

Thursday

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

TUITION

\$250 for qualified applicants and \$250 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.

Room costs vary depending on availability.

Room rates start at:

\$113 per night/per person Shared room with hall bath

\$172 per night/per person Shared room with private bath

HOW TO GET THERE

Kripalu is located in Stockbridge, MA. It is a 2.5 hr drive from both NYC and Boston. The closest airport is Albany, NY (ALB). 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 through research, education and outreach. Founded in 1957, NPF is the only organization with a singular focus of improving the quality of Parkinson's care through research, education and outreach. We continue to bring help and hope to this generation of the estimated one million individuals in the United States, four to six million worldwide, who are living with Parkinson's disease (PD). NPF has funded more than \$180 million in research and support services to improve the lives of people with Parkinson's. We continue to be a major funder of research programs, such as our Quality Improvement Initiative, part of the Parkinson's Outcomes Project, designed to change the course of the disease.



www.parkinson.org

A Wellness Retreat for People Living with Parkinson's and Their Care Partners Presented by **National Parkinson Foundation** and Kripalu Center for Yoga & Health June 15 - 19, 2014 Kripalu Center, Stockbridge, MA



