

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 in the early stages of Parkinson's disease (diagnosed 5 years ago or less). 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.

Each day offers a combination of educational sessions, taught by the country's foremost movement disorder neurologists and Parkinson's specialists, and experiential workshops on the benefits of meditation, yoga and conscious communication taught by senior Kripalu faculty. It is also a unique opportunity to connect with others facing the same challenges and begin to create a community and support system.



TOPICS

- PD 101 - What you need to know
- What you need to know about nutrition and Parkinson's
- Managing stress and family issues
- Share and support groups for participants and care partners
- Daily Kripalu Yoga and YogaDance™ classes
- The Wisdom of Yoga
- Exercise and physical training for longevity

CARE PARTNERS

Care partners are welcomed and encouraged to attend. In addition to the programs' workshops, care partners can also enjoy Kripalu's Retreat & Renewal program.

FEATURED SPEAKER



Stephen Cope

Institute for Extraordinary Living
Stockbridge, MA

SPEAKERS



David J. Houghton, MD

University of Louisville
Louisville, KY



Susan Imke, RN, MS

Senior Health Solutions, Inc.
Ft. Worth, TX

"My experience at the Kripalu Yoga Retreat was life-altering. I was newly diagnosed with PD and had many questions. During the week, I learned everything I needed to know, from the importance of exercise to the benefits of meditation to helpful advice on lifestyle adjustments to information on current research and studies."

– Retreat attendee from 2010



PROGRAM

Monday

Check-in, Dinner, Orientation,
Welcome Evening Session

Tuesday

Yoga, Breakfast, PD 101, Group Discussion, YogaDance™,
Lunch, PD & Relationships, Yoga, Dinner

Wednesday

Yoga, Breakfast, PD & Exercise, Group Discussion,
YogaDance™, Lunch, PD & Nutrition, Yoga, Dinner

Thursday

Yoga, Breakfast, Wisdom of Yoga, Group Discussion,
Lunch, YogaDance™, Cooking Demo, Dinner, Yoga Nidra

Friday

Yoga, Breakfast, Healthy Living, YogaDance™,
Lunch, Check-out

TUITION

\$100 for qualified applicants

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. 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 grassroots network of Centers of Excellence, chapters and support groups in the United States, Canada and internationally. Unique among the national Parkinson's organization, NPF is the only organization with a singular focus on improving the quality of care in Parkinson's disease. Since 1982, NPF has funded more than \$155 million in care, research 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 31 - November 4, 2011
Kripalu Center, Stockbridge, MA

