

Building a Bridge between Parkinson's and Yoga



A Guide for Patients, Caregivers, Yoga Instructors, & Healthcare Professionals

Author: Nicole Latimer, OT/s, E-RYT 200

This manual summarizes the current scientific literature on yoga for Parkinson's Disease (PD) by providing specific evidence-based guidance on safely practicing yoga at home.

Yoga is for all ages and ability levels. Classes can be completed entirely in a chair with options for standing and floor postures.

About the Author

Nicole has 5+ years of experience teaching yoga to a wide range of ages, abilities, and populations. She also has over 7 years of experience volunteering in Parkinson's Disease (PD) exercise classes including singing, dancing, boxing, strength training, and yoga. Nicole earned her Bachelor of Science from Iowa State University in Kinesiology and Health with a minor in Psychology. This manual is a part of her doctoral capstone project through Boston University's Occupational Therapy Program.



Nicole Latimer, OTS

Email: nlatimer@bu.edu

Nicole Latimer

Contributions

Special Thanks to the following individuals for supporting and contributing to this doctoral capstone project.

Academic Mentor: Leanna Katz, OT, OTD, OTR

Laguna Woods Site Supervisor: William Arceo

- Riley Chewning, CYT-200HR
- Lynn Burgess, CYT-200 HR
- Elizabeth Stegemoller, Ph.D.
- Jacquelyn Farrell, OT, MSOT, OTR
- Mindy Eisenberg, MHSA, C-IAYT, ERYT-500
- Angee Ludwa, PT, MPT

Over 20 people with PD participated and supported this project by providing ongoing feedback to inform this manual during its development.

All contributions ensure this is a well-rounded educational resource to best serve the PD community.

Dedication

To my Aunt Kerry Eggspuehler and Uncle Jack Eggspuehler, whose courage and resilience in the face of PD have inspired this work. Your strength and spirit motivate me to contribute to the well-being of others facing similar challenges.

Table of Contents

1	Introduction	4
2	Support Team	14
3	Foundations of Yoga	26
4	Core and Posture	33
5	Mobility	40
6	Strength	46
7	Balance	53
8	Mindful Movement	58
9	Additional Resources	64
10	References	69

Section 1: Introduction

The **purpose** of this resource is to provide specific guidance on how to safely implement a yoga practice at home for people with Parkinson's Disease (PD). The **audience** includes people with PD, caregivers, yoga instructors, and healthcare professionals.

This manual serves as a comprehensive resource from the scientific evidence for integrating yoga into the management of PD. It empowers you to deeply understand your body and your yoga practice, helping you create a routine that fits your daily life. It focuses on personal empowerment by teaching you how to adapt yoga poses and use PD-specific strategies to address your unique needs. By teaching you how to adapt and modify poses, the manual enables you to build a yoga practice that improves both your physical, mental, and spiritual well-being, enhancing your overall quality of life.

Yoga is for everyone! All poses should be modified to maximize comfort, reduce pain, and receive all the benefits of a safe yoga practice.

Each section will build on the previous one. You are encouraged to reflect on how you are feeling and stay in the original variation or choose to safely progress. All provided yoga sequences can be done entirely seated in a chair with options for standing and floor poses. Take the option you need today.

Approach your yoga practice with the body you have today.

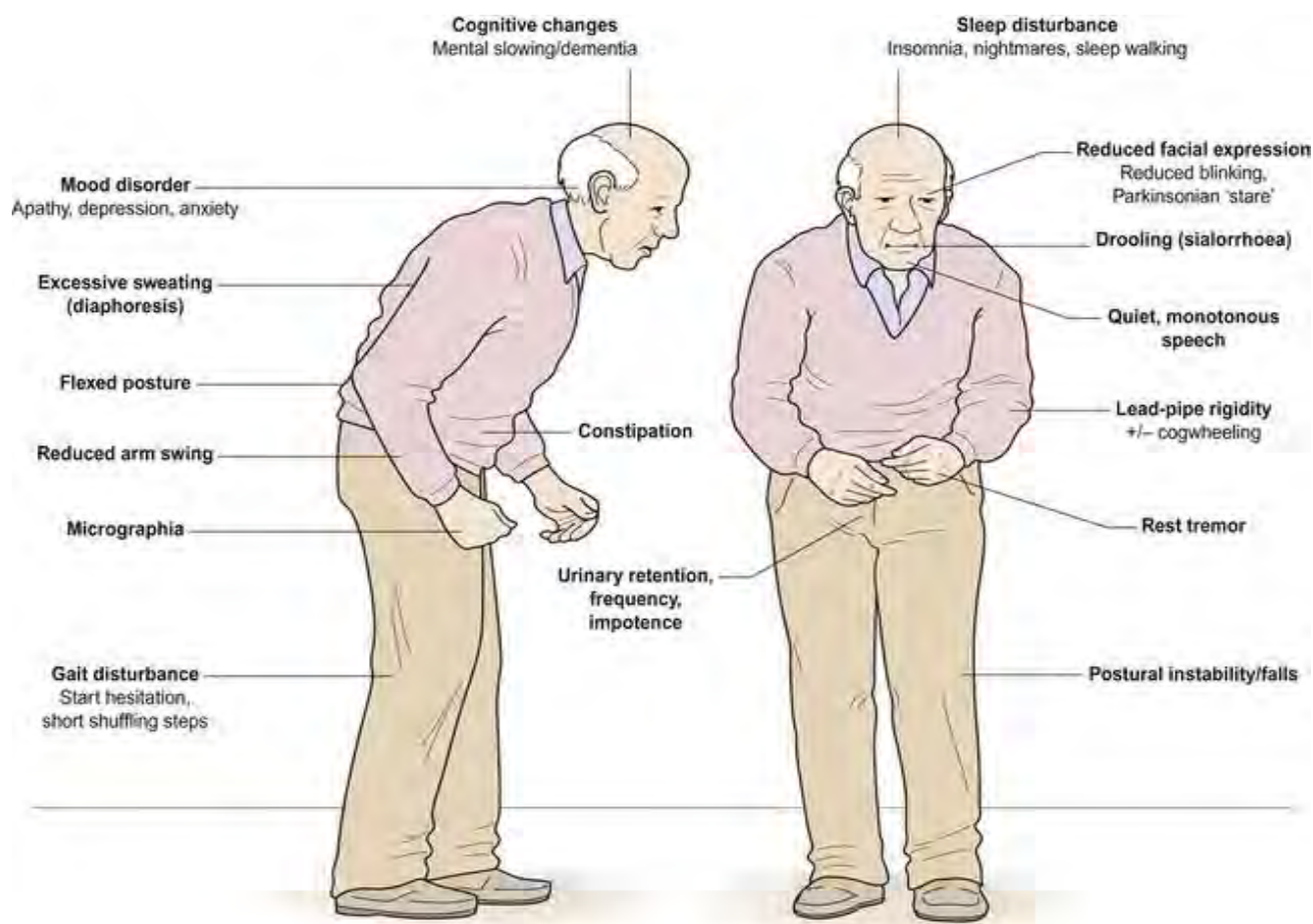
Managing PD symptoms is a **team effort**. It is crucial for caregivers, yoga instructors, and healthcare professionals to understand how PD impacts individuals to safely support and progress yoga as exercise.

See section 2 for more information on how you can support people with PD in their yoga practice.

What is Parkinson's Disease (PD)?

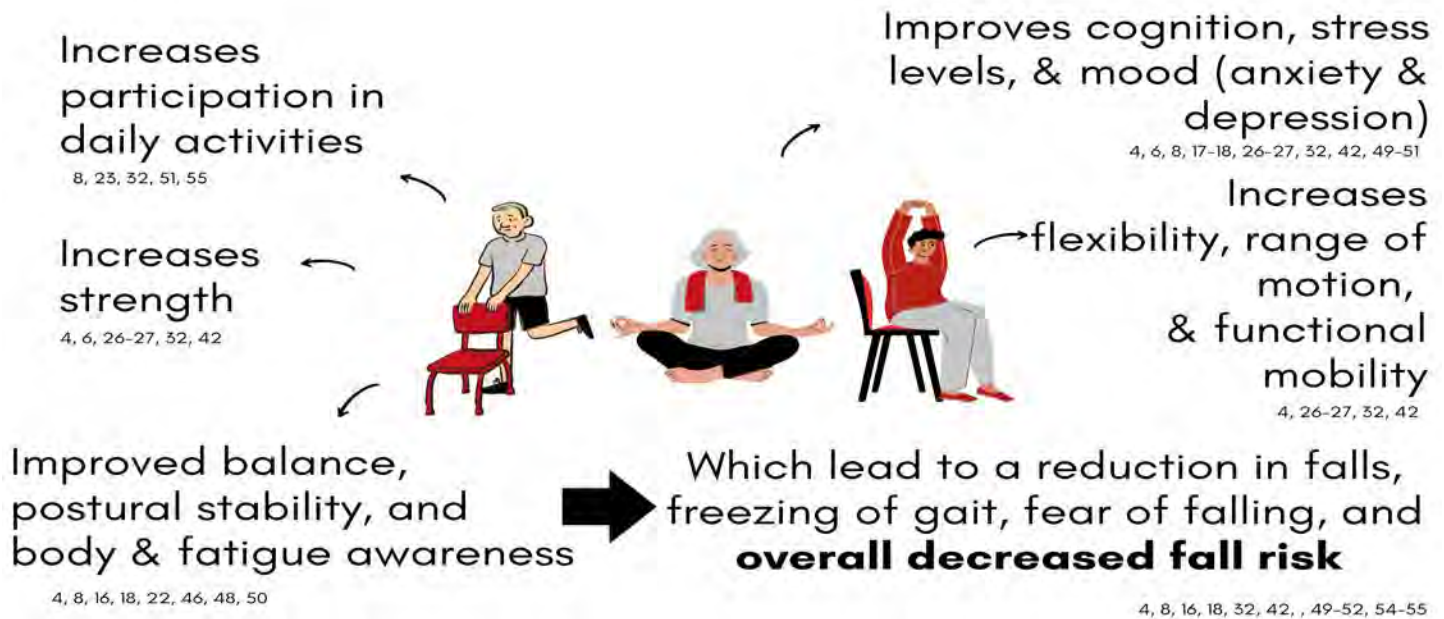
Parkinson's Disease (PD) is a progressive neurological disorder that affects movement. It occurs when the brain cells that produce dopamine, a chemical that helps control movement, become impaired.

During a Parkinson's yoga practice, it's essential to consider PD-specific symptoms, as shown below, to ensure a safe, supportive, and effective experience.



Features of idiopathic Parkinson's Disease. The combination of a flexed posture, slow shuffling walk, mask-like facial expression, and one-sided tremor is highly characteristic.⁹

Benefits of yoga for people with PD



PD Exercise Recommendations ²

Aerobic Activity:

3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity
Ex: Continuous rhythmic activities like brisk walking, cycling, or swimming.

See pages 35 & 47 for more examples.



Strength Training:

2-3 non-consecutive days/week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus

Ex: Weight machines or resistance bands.

See section 6 for bodyweight strengthening examples.

Balance, Agility, & Multitasking:

2-3 days/week with daily integration if possible
Ex: Multi-directional stepping, weight-shifting, large movements.

See section 7 for more examples.



Stretching:

>2-3 days/week with daily being most effective

Ex: Sustained stretching with deep breathing.

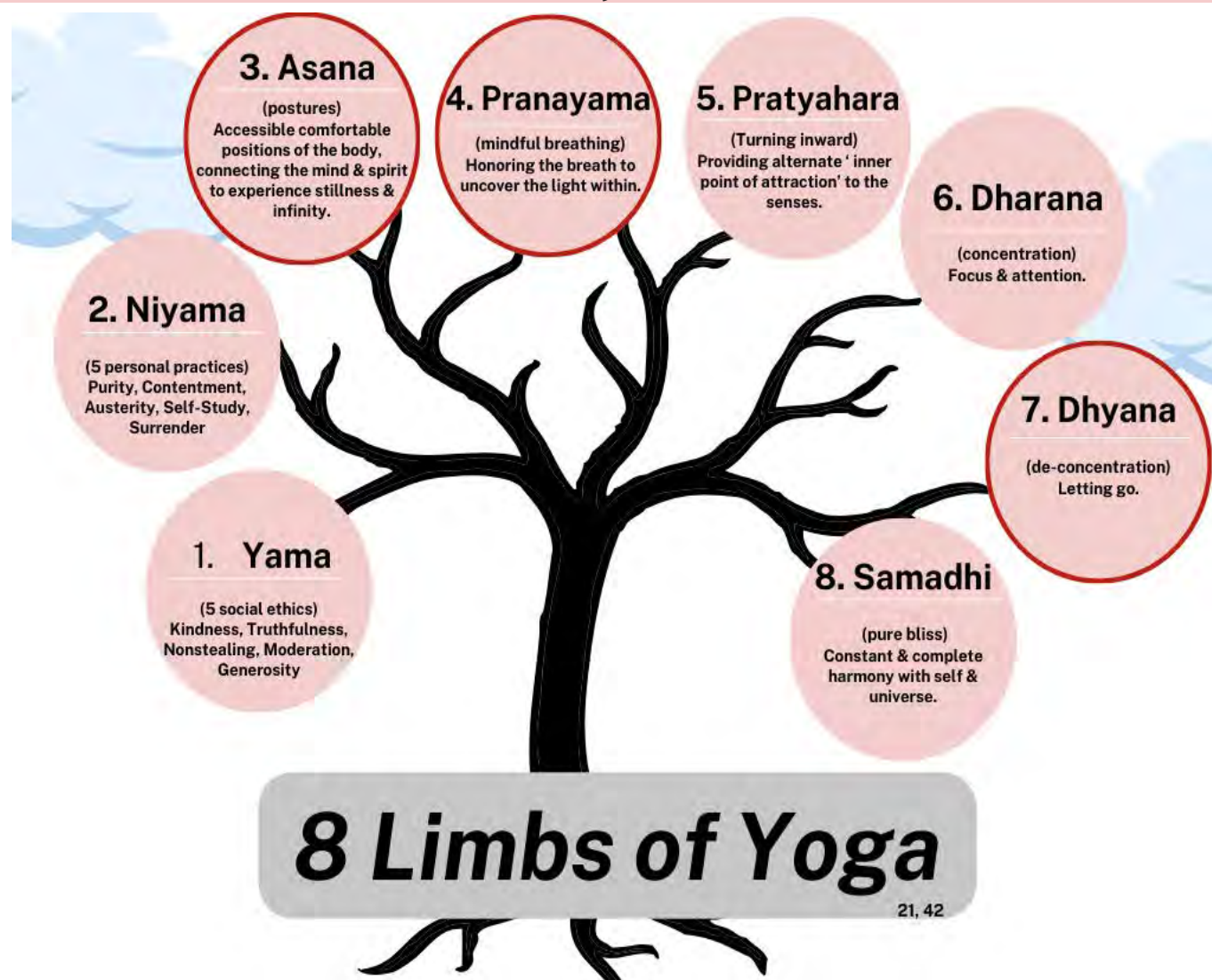
See pages 24, 31, 38, 44, 51, 56, & 62 for more examples.

What is yoga?

Yoga is an ancient Hindu practice that incorporates focused awareness through physical postures, breath control, and meditation to find harmony between the mind and body. The word “yoga” comes from the Sanskrit root “yuj”, which means “to join” “or unite”.

Breath + Movement

Body + Mind



Research on yoga for PD emphasizes these 3 limbs of yoga: 21-22, 25, 46-48

- Physical postures (asana)
- Breathwork (pranayama)
- Meditation (dhyana)

What is mindfulness?

Mindfulness is an awareness that arises when you purposefully pay attention to the present moment with love, kindness, and non-judgment. Mindfulness techniques cultivate self-awareness which allows individuals to release challenging sensations and conditions the body to encounter stress, while in a safe environment.^{4, 16-18, 21, 25-27, 49-51, 55} This increase in self-awareness in daily activities promotes safety by reducing stress, promoting body and fatigue awareness, and encouraging being in the here and now. To practice mindfulness, people with PD should focus on their soft and slow breathing and use guided imagery or visualizations.

Being mindful, especially for PD, can have many benefits. Research shows that visualizing how you are about to move and actively observing your muscles & body's experience can be particularly beneficial in improving movement for people with PD. This mental practice can be combined with physical (asana) yoga practice and during daily activities.^{8, 23, 32, 51, 55} See page 12 to learn more.



Each section includes one mindfulness technique to practice during yoga and incorporate into daily activities.

Breath is life.

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.”

-Thích Nhất Hạnh

Deepening and slowing the breath has a substantial impact on the body and mind, especially for people with PD. Breathwork is important for people with Parkinson's disease because it can help improve respiratory function, reduce anxiety, and enhance overall well-being.^{4, 6, 16-18, 11-15, 40} Longer exhales calm the body by activating the “rest and digest” parasympathetic nervous system (PNS), signaling to your body that you are calm and safe. Breathing and meditating is responsible for reducing cortisol (stress) levels, which reduces anxiety and improves mood.^{4, 25, 32}

The breath is a powerful tool, available at all times, that can be utilized to manage stress.

Safety

1. **Choose an appropriate time to exercise.** Make sure you are well-rested, and that your symptoms are well-controlled by your medication.
2. **Notify a trusted adult** to be available in person or by phone while exercising at home.
3. **Always have your medical alert button** (necklace, bracelet, etc.) with you during home exercise.
4. **Exercise at your own pace** and choose appropriate posture variations.
5. **Listen to your body.** If you experience pain or difficulty with these poses, try a different variation. If pain continues, stop and consult your doctor or healthcare team.

Preparing for your yoga practice

- **Take your time.** Reread sections of this manual and do not rush during your yoga practice. Move at your own pace and stop for breaks when you need
- **Give yourself space.** Stop other activities at least 15 minutes prior to your yoga practice. Use this time to calm and center yourself while preparing your practice space. Focus on having a positive attitude before and during your yoga practice
- **Wear comfortable,** soft, nonbinding clothing and layer as needed
- **Preferably barefoot,** as this will strengthen small stabilizing muscles and improve balance
 - If necessary, you can wear non-slip socks or shoes
- **Turn down harsh lighting,** light candles, and eliminate distractions to create a calming, positive space
- **Play music,** if you prefer, to create an atmosphere that helps you focus.
 - Scan the QR codes or enter the website address below for music during your practice

[Ocean Beat](#)



(<https://youtu.be/wjPH-4VkoDE?si=wKf1sj1DKHE0iWkT>)

[Handpan music](#)



(<https://youtu.be/uwEaQk5VeS4?si=GyAkKG3fW-XPILIN>)

[Birdsong Meditation](#)



(https://youtu.be/UZ9uyQl3pF0?si=66kivP_1Lt9NDNDX)

Props & Equipment



Chair

- No wheels and preferably without arms
No Chair? Try the edge of a couch or bed!

Equipment if you are standing or getting on the floor



Thick yoga mat or comfortable soft surface (if getting on the floor)

- Double up mat for more cushion
No Mat? Practice on thick carpet, outdoors, or even in a bed!



Assistive Devices

- Including walkers and canes for support when standing
- Wear a medical alert button (necklace, bracelet, etc.) during exercise.

Other recommended props for comfort



Blocks

- Yoga blocks are crucial for maintaining alignment and safety at every activity level.
- Help raise the ground, provide extra support in seated postures, deepen postures, or challenge and strengthen.

No blocks? Try a stack of books, large sturdy water bottle, or a 2nd chair.



Yoga blanket

- Blankets provide additional cushion for the joints or head or to sit on and lift the hips during floor poses for proper alignment and comfort.

No yoga blanket? Try a thick folded-up bath towel or thick blanket.



Strap

- Straps allow access for those with limited flexibility to comfortably receive the same benefits of the pose.
- Help deepen postures, maintain comfortable positions, connect space we cannot reach, and maintain proper alignment as we settle into a pose.

No strap? Try a bathrobe belt, necktie, or regular belt.



Small sandbags

- Sandbags can be useful to place on the hands during meditations to reduce tremors.
- No sandbags? Try a weighted dumbbell or a bag of flour, rice, etc.

Set-up for your yoga practice

- Encourage a loved one or family member to join you during these yoga classes!
- Create a time log to record how often you exercise, including yoga, every week.
- Inform a regular healthcare professional of your exercise habits and routine for accountability.
- Self-reflect after yoga practice, such as creating a journal, to better understand how the yoga practice impacts your physical, mental, emotional, and spiritual well-being.

See page 65 for movement & mindfulness journal, including time log & self-reflection.

Practice with the body you have today.

- Monitor how you are feeling. If you are more lightheaded, off-balance, or have more present tremors today, consider a seated practice.
- Plenty of space around you to move freely.
- Always have stable support (wall, chair, or table that does not move) to hold on to, if needed.
- If you have a walking device (e.g. walker), you can use this during your practice for support during standing postures and transitions.
- Wear your medical alert button (necklace, bracelet, etc.) while participating in any home exercise.

Optional: Mirror for visual feedback on alignment



Set-up for seated, standing, & floor postures

- One chair: next to wall or other stable surface
- Yoga mat or comfortable soft surface
- Two yoga blocks
- Blanket
- Yoga strap
- Water for yourself



These icons will be used throughout the yoga sequences to indicate what props & equipment to use in the poses on that page.



Set-up for seated-only class

- Two chairs (or one chair with additional table/surface in front of you)
- Two yoga blocks
- Blanket
- Yoga strap
- Water for yourself



Some plastic chairs are featured throughout this manual but a more sturdy & stable chair is suggested.

PD-Specific Strategies

Exaggerated facial expressions ^{6, 18, 42, 49-50}

Incorporating exaggerated facial expressions into a PD-tailored yoga practice addresses masked facial expressions, a common PD symptom, by enhancing facial muscle strength and expressiveness. This compliments poses and breathing exercises to improve overall motor control and communication.

Repeat all facial exercises 5-10 times, exaggerating as much as possible.

Relaxed

Smiling

Frowning, flaring nostrils, &

pursing lips

Raising eyebrows & wide open

mouth



Lee Silverman Voice Treatment (LVST) BIG and LOUD Program ^{21, 29, 31, 41}



"Think BIG" improves movement for PwP through large amplitude, high-effort physical exercises by emphasizing expansive, deliberate movements and dynamic balance exercises that enhance strength, coordination, and flexibility.



LOUD Program improves vocal loudness, speech clarity, and self-confidence for people with PD by consistently reminding or cueing to "Use your LOUD voice"

Chanting and vocalizations

Chanting is a type of breathwork (pranayama), with a long extended exhale, producing calming effects for the body and mind. When chanting, you create vibrations in the body, which creates energy in the body. Using your LOUD voice, project from the diaphragm when chanting. Chants can be incorporated into seated meditations or moving postures.



When chanting & moving , incorporate LSVT Think-BIG and LOUD!

Yoga For PD Research Strategies

Motor imagery involves taking a moment to mentally picture yourself successfully completing a pose or movement before actually doing it. This helps improve your ability to perform the movement smoothly and confidently. **Active observation** means paying close attention to how your body feels and moves while you're practicing, helping you become more aware of your muscles and movements. By including these techniques in your practice, you can enhance your body awareness and overall quality of life. ^{8, 18, 25, 42, 49-51}

PD Yoga Class Structure

PD Yoga classes should emphasize:

- **Mobility:** spine (trunk extension & rotation), shoulder flexion, lower body, hip openers, hip flexion/forward bends, lateral flexion, general range of motion (ROM) in neck, shoulder, lumbar, knee, ankle joints
- **Strength:** Spine, core, gluteus maximus & medius, lower body, shoulders, ankles
- **Balance:** Static (still) and dynamic (moving) balancing poses should be incorporated. *Have a sturdy chair, wall, or table close for support.*

All poses should include deep, conscious breathing. The breath should be low, soft, and slow like an ocean wave rolling in and out.

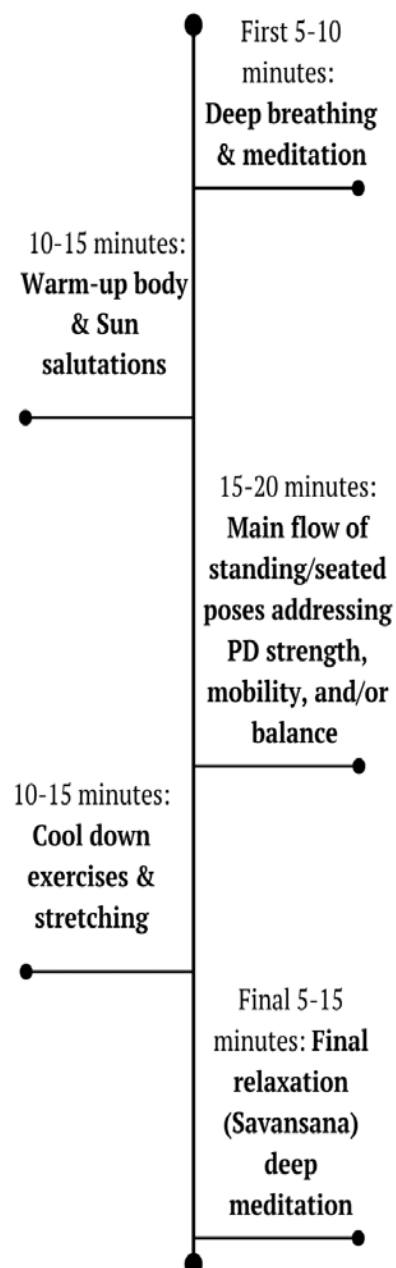
Be sure to incorporate PD-specific strategies, see page 12, of exaggerated **BIG** and **LOUD** movements and chanting. This also includes exaggerated facial expressions and chanting.

4, 6, 8, 15, 17-18, 22, 26, 28, 31, 41, 47-48, 49

Adaptations should be made for a PD yoga practice, including more time to transition between poses, more time to achieve alignment, seated poses if unable to get on the floor, and use of a chair or other stable surface during balancing poses. Yoga can be adapted for many populations as it accentuates body alignment through unique muscle activation patterns, gentle progressions, and being present with the body and mind. This manual includes multiple options to modify floor, standing, and seated postures. ^{6, 8, 15, 17, 22, 41, 47-48}

Each section includes an entire yoga class from start to finish.

START



Finish

Use props to ensure comfort and safety!



Section 2: Support Team

The Role of Caregivers, Yoga Instructors, & Healthcare Professionals in PD Yoga

Role of caregivers

Being involved in a yoga practice with your loved one has positive effects on mood for both people. PD Caregiver-assisted yoga poses are beneficial for people with PD because they provide extra stability and support. These poses help build confidence, ensure safety during practice, and create a sense of connection and teamwork between the person with PD and their caregiver.

Caregivers can enrich the yoga practice by providing hands-on adjustments when permitted, ensuring safety or alignment, and maintaining comfort. They can also assist with the setup of props, help with transitions between poses, and spot for balancing exercises, enhancing the overall experience for individuals with Parkinson's. **The most important thing a caregiver can do is practice together!**



Caregivers play a crucial role in enhancing yoga practice for people with Parkinson's by engaging together in breathing exercises and emphasizing BIG movements and LOUD chanting, see page 12 for more PD-specific strategies to encourage during a yoga practice. Practice deep breathing and chanting together to promote relaxation, strengthen the voice, and create a sense of unity. Reaffirm positivity and encouragement through this shared journey, offering words of encouragement, see page 15, to promote motivation and participation in yoga. Sharing this journey in our yoga practice and in life, embracing moments of humor and laughter, will foster a deeper connection and improve well-being for both the person with PD and caregivers. This shared experience supports physical benefits and strengthens emotional bonds and mutual well-being. ^{1, 18, 22, 44}

Coherent Breathwork



Requires: at least 2 people

Time: 3-10 minutes

Once you are in a comfortable position, begin by finding the natural flow & rhythm of your own breath

Keep the breath smooth & steady

Begin to synchronize your breaths, aiming to inhale for a count of 6 & exhale for a count of 6. Adjust the count as needed.

Words of Encouragement

Supporting a loved one with PD through yoga practice involves both physical assistance and emotional encouragement. Here are some words of encouragement tailored to various observations during their yoga practice or even daily life:

Encouragement for Positivity and Effort

Observation: Notice their consistent effort.

Cue: "You're doing great, keep it up!"

Acknowledge their commitment and reinforce that they are on the right track.

Observation: They seem disheartened by small progress.

Cue: "Every little bit counts, and you're making progress every day."

Remind them that small steps lead to significant improvements over time.

Observation: They appear frustrated or impatient.

Cue: "It's okay to go at your own pace. You're doing what's best for you."

Encourage them to honor their own limits and promote self-compassion.



Encouragement for Resilience and Perseverance

Observation: They are struggling with a pose or movement.

Cue: "Remember, it's not about being perfect, it's about showing up and doing your best."

Emphasize the importance of effort and consistency over perfection. Check-in on pain or discomfort.

Observation: They look unsure of their abilities.

Cue: "You've got this! You're stronger than you think."

Instill confidence and a sense of inner strength.



Encouragement for Relaxation and Mindfulness

Observation: They look tense or stressed.

Cue: "Take a deep breath and let go of any tension. You're in a safe space."

Help them relax and release any stress, creating a calm environment.

Observation: They seem disconnected from the practice.

Cue: "Feel the stretch, enjoy the movement. Your body is thanking you."

Encourage focus on positive sensations and benefits.

Observation: They are holding their breath.

Cue: "Your breath is your guide. Let it carry you through each pose."

Remind them of the importance of breath in grounding and guiding the practice.



Continued: Words of Encouragement



Encouragement for Connection and Support

Observation: They feel alone in their journey.

Cue: "We are in this together, and together we are stronger."

Reaffirm your presence and support, strengthening the bond and sense of togetherness. Highlight the collaborative effort and mutual support that yoga practice brings.

Observation: They feel disconnected from the community.

Cue: "You're not alone. We have a community of support behind us."

Remind them of the wider community and support network they are a part of.

Encouragement for Celebration and Joy

Observation: They downplay their achievements.

Cue: "Celebrate each movement, no matter how small. It's all progress."

Encourage a sense of celebration for all achievements, big or small.

Observation: They seem to take the practice too seriously.

Cue: "Enjoy this moment of peace and movement. You're doing something wonderful for yourself."

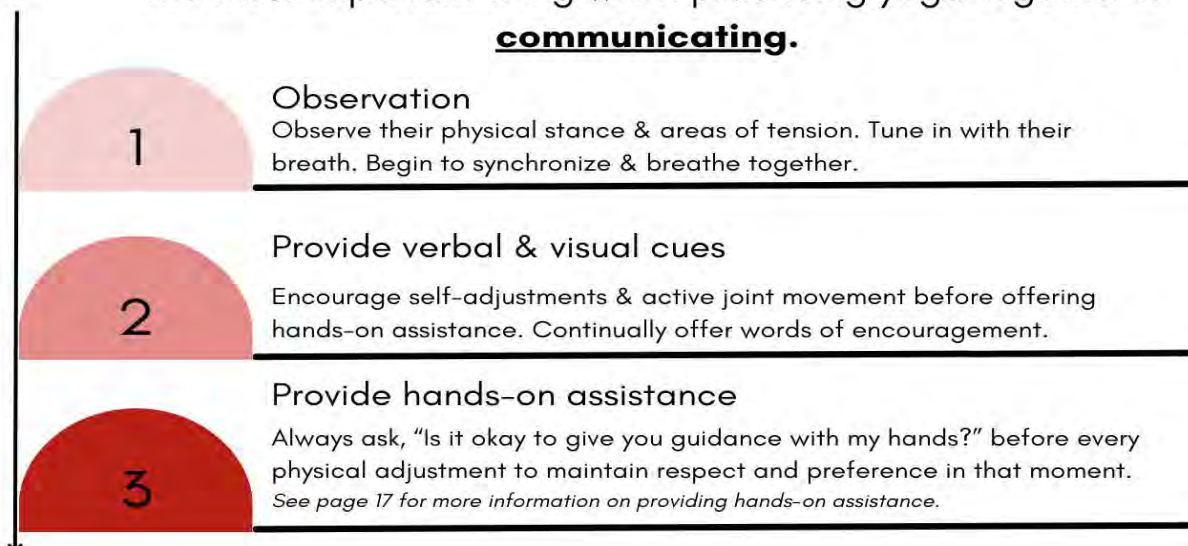
Promote a sense of joy and self-care in the practice.



By offering these positive words of encouragement based on observations, caregivers and loved ones can provide emotional support that enhances the overall experience for individuals with PD in yoga and daily life. This approach helps to create a positive and empowering environment, fostering resilience, motivation, and a sense of connection.

Steps for providing assistance

The most important thing when practicing yoga together is **communicating**.



Hands-on Assistance 49

Establish your foundation first. Take a breath before adjusting.

Be mindful of your body movements, especially when providing hands-on assistance.

- Have a **strong, stable foundation** with a wide base of support.
- **Keep your body in a neutral position**, with the spine straight and joints aligned to prevent strain and injury. For instance, when assisting with a seated pose, help them maintain a straight back and evenly distribute their weight.
- **Use your whole body**, engage your legs and core muscles to provide support, rather than relying solely on your arms. This technique helps you maintain balance and reduces the risk of personal strain while offering light, steady assistance.

Observe their physical stance & areas of tension. Tune in with their breath. Begin to synchronize & breathe together. Encourage active joint movement first before offering hands-on assistance.

The **quality of touch should be light, stabilizing, awakening, & grounding.**

Assist near the midline or very light, suggestive cues when touching far from midline.

Midline: Trunk of body (shoulders, chest, core, & hips)



Do not apply direct pressure on vulnerable joints or injured areas (e.g. knees or shoulders) & find the natural “handles” on the body in a given pose.



Feel & watch how they respond. Focus on energetic actions (e.g. stabilizing, easing, elongating, rotating, flexing, extending).



Departing: The longer or more dependent on your for stability, the more gradually you should release contact.

If there are fundamental misalignments or instability, consider asking them to come partially or completely out of the pose.



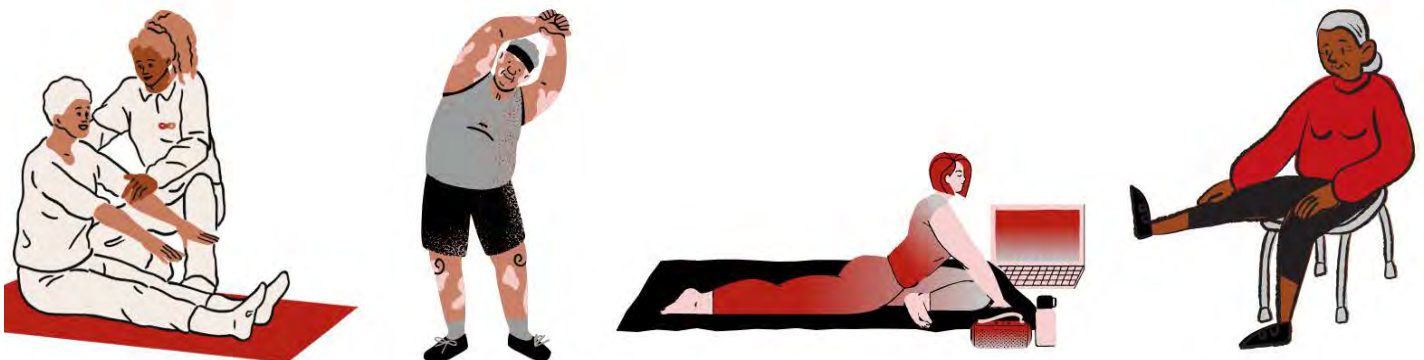
Role of yoga instructors

Teaching yoga to people with PD requires a deep understanding of the unique challenges and needs of this community. Yoga instructors play a vital role in creating a supportive and effective practice environment that addresses both physical and cognitive symptoms of PD.

Key strategies include:

- Use **props and equipment** for safety, stability, comfort, and support
- Offer **adaptations** and modifications to accommodate varying abilities
- Emphasize **appropriate strengthening, mobility, and balancing** exercises when creating a PD yoga sequence or class. See page 13 for building a PD yoga class.
- Employ **PD-specific strategies**, like dual-tasking and loud repetition, to engage both the body and mind. See page 12 for more PD-specific strategies.
- Continually encourage **motor imagery and active observation** to strengthen the mind-body connection. See page 12 for more information on motor imagery & active observation.
- Provide **verbal, visual, tactile, & kinesthetic** cues for exercises

By incorporating these considerations and strategies, yoga instructors can create a therapeutic and empowering environment for individuals with Parkinson's. This not only improves physical abilities and functional mobility but also enhances mental well-being, ultimately building a strong bridge between PD and yoga.



Role of healthcare professionals

Healthcare professionals, including occupational therapists, physical therapists, and other practitioners, play a pivotal role in integrating yoga into the treatment and management plans for people with PD. Utilizing this manual, healthcare professionals can enhance their therapeutic interventions in several significant ways.

Key strategies include:

- Incorporate yoga into **occupation-based treatments** to address PD symptoms
- Design **home exercise programs** with yoga sequences for maintaining mobility and strength
- **Educate** patients and caregivers on the benefits and safe practice of yoga
- Improve **self-management strategies for participation in daily activities** (e.g. deep breathing, meditation, motor imagery, active observation, etc.)
- Employ **PD-specific strategies**, like dual-tasking and loud repetition, to engage both the body and mind. See page 12 for more PD-specific strategies.
- Continually encourage **motor imagery and active observation** to strengthen the mind-body connection. See page 12 for more information on motor imagery & active observation,
- Provide **verbal, visual, tactile, & kinesthetic** cues for exercises

With this manual, healthcare professionals can bridge the gap between PD and yoga, offering a holistic and integrative approach to treatment. This not only improves physical outcomes but also fosters mental well-being, ultimately enhancing the overall quality of life for people with PD.



Getting down on the floor

Prop Options:



Practicing getting up and down from the floor is crucial for daily activities and emergency situations. This skill helps you stay independent and mobile, whether you're playing with a pet or grandchild, or need to get up after a fall. It builds strength, flexibility, and confidence, helping to prevent falls and injuries.



Assess how you are feeling today. How are your PD symptoms or medications? Check in with your energy & balance before deciding if you are getting on the floor today. If you're unsure, check with your healthcare professional. **Balance ease and effort in yoga and daily life and listen to your body, knowing when to push yourself and when to remain seated for a safe and effective practice.**

Set-up with blanket in front of chair for knees

1. From a standing position facing the chair, step your feet back and place both hands on the chair (or couch).
2. Step forward with your strong leg, shifting the weight forward, weaker knee comes onto blanket
3. Swing knee around to blanket
4. Strong arm reaches to floor, hips come toward floor
5. Come to sit on top of blanket



Be sure to breathe. Repeat for 2-5 rounds.

Getting up from the floor

Prop Options:



Set-up with blanket in front of chair for knees

1. From a lying position, place the feet on the floor
2. Weaker arm reaches overhead, opposite hand can support the shoulder
3. Roll onto the side in the fetal position
4. Use the top hand to press yourself up to a tabletop position, engaging the core
5. Crawl forward so your knees are on the blanket and hands press on chair seat (or couch)



6. Step forward with your strong leg and tucking your back toes, shift the weight forward into the hands
7. Swing the strong leg back and walk arms up thighs to fully stand

Be sure to breathe. Repeat for 2-5 rounds.

Section 2: Support Team

22

Prop Options:



Coherent
Breathwork



Warrior I pose (Virabhadrasana I)



Hands on chair for balance, on hips, in prayer position, or reaching overhead

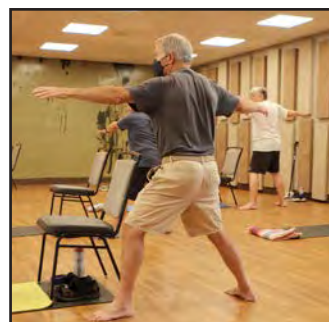
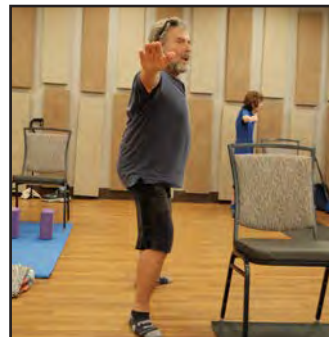
1. Back foot at a 45 degree angle
2. Both hips pointed to the front of mat
3. Drawing belly in toward spine
4. Shoulders back & down

Seated pose
variation



Warrior II pose (Virabhadrasana II)

- Bend through the front knee, toes pointing forward
- Back leg at an angle for balance, back hip opens out
- Draw your belly in & up, as if you're zipping up tight jeans
- One hand on chair for stability or arms outstretch to both sides
- Relaxing shoulders back & down
- BIG hands reaching in opposite directions



Seated pose
variation



Be sure to breathe. Hold for 3-5 breaths.

Prop Options:



Coherent
Breathwork



Tabletop pose (Bharmanasana)



Option to come onto forearms or fists if there is wrist discomfort or pain



- Gaze toward the floor, lengthening the back of the neck
- Draw your belly in & up, as if you're zipping up tight jeans
- Pressing away from floor, spreading fingers

Optional blanket under knees

Seated pose variation for tabletop & plank pose



Plank pose (Phalakasana)

- Begin with the knees down, press the floor away with your palms or fists
- Lengthen the spine
- Elongate the back of the neck, releasing the shoulders away from the ears
- Squeeze the glutes
- Draw the belly in toward the spine to engage the core, like you are wrapping the ribs in to fit into a tight corset



Option to move into seated or standing variation, progress to knees up for full plank, or option to have blocks under hands



Alternate standing variations using a chair or wall

Section 2: Support Team

24

Cool down stretching

Prop Options:



Coherent
Breathwork



Cobra pose (Bhujangasana)

- Peel the chest, heart, head off the floor
- Gaze toward the floor, lengthening the back of the neck
- Squeeze the glutes together & press the hips into the floor to engage the low back
- Hug elbows together by your sides
- Spread the fingers, grip the mat, and pull your chest forward

Optional blanket under chest, widen your hands by your chest as needed



Seated pose
variation



Knees to chest pose (Apanasana)

- Hug both knees into the chest
- Relax the head & tailbone heavy down toward the floor
- Draw circles with the knees, massaging the low back into the Earth

Optional blanket under hips or neck



Seated pose
variation

Be sure to breathe. Repeat for 2-5 rounds.

Corpse pose (Shavasana)

Final meditative relaxation at the end of your yoga practice for 5-10 minutes.

- Arms & legs a few feet away from the body
- Palms facing up or down
- Unclench the jaw, relax the face muscles

Optional blanket under neck or knees

Optional sandbags on hands for tremors

Come back to the breath.



Seated pose
variation



Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this website:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0h xv_i lP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/DhSe_PfzH1w)

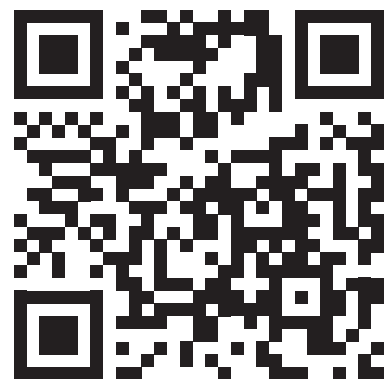
(https://youtu.be/DhSe_PfzH1w)



YouTube:

[5-Minute Caregiver Meditation](https://youtu.be/8PD72e7mJro)

(<https://youtu.be/8PD72e7mJro>)



Section 3: Foundations of Yoga

Prop Options: 



Seated Mountain Pose, Tadasana

- Ground through the feet
- Lengthen through the spine
- Shoulders back & down
- Draw your belly in & up, as if you're zipping up tight jeans
- Option: Block under feet, blanket under hips

Ujayi Breathwork

Time: 3-10 minutes



Begin breathing in the nose & exhaling with an open mouth, pretending to fog up a mirror with your breath making a "HAA" sound. Stay & practice this version of Ujayi if preferred.

Then breathing in & out through the nose, similar to fogging the mirror, begin to constrict the back of the throat with your tongue & exhale to create an ocean humming sound.

The exhales should be twice as long as the inhales. Try using this Ujayi breath through the remainder of your practice for this section.

AUM Chanting

Time: 5 minutes

Take a smooth, deep inhale through the nose sending the breath down into the base of the stomach

Projecting with your diaphragm, begin chanting:

"Ah" feeling the vibrations in the stomach

"Oh" feeling the vibrations in the chest

"Um" feeling the vibrations in the neck & head



Grounded breathing, meditation, and chanting

Begin with grounded breathing & meditation in seated mountain pose on a chair, on the mat, or standing. Soften the gaze toward the floor or close the eyes. Bring your full awareness to the body & breath. Notice the natural rhythm of the breath flowing in & out of the body. Notice the quality & depth of the breath for 10-20 rounds. Begin to incorporate the Ujayi breath, longer exhales than inhales, for the next 20-30 rounds of breath. Begin to chant "AUM" for 10-20 rounds. **Think LOUD.** You can also incorporate movement while chanting as seen on the next page.

Ujayi
Breathwork



AUM Chanting



Waking the body



Inhale

- Reach out & up
- Gaze to the sky
- Squeeze shoulder blades together along the spine
- Exaggerated BIG hands

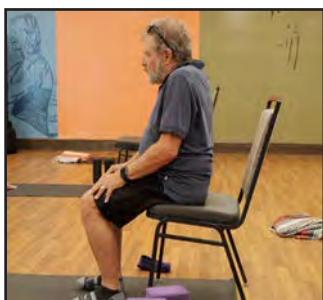


Exhale - option to continue chanting "AUM"

- Arms reach out & down

PD-Specific Loosening Exercises

While seated on a chair, mat, or standing, complete the following PD loosening exercises with the Ujayi breath.



Repeat for 5-10 rounds, switching directions

- Neck rolls
- Shoulder rolls
- Ankle rolls
- Ribcage circles
- Hip circles
 - » Wide stance, heels in & toes out
 - » Hands on thighs, leading with the chest



Mindfulness Tip:

Notice the sensations when connecting the body with the breath, staying present & aware. Incorporate this tip in your everyday activities, especially when stressed or anxious.

Theme: Learning to listen to your body

- Take a moment to check in with yourself & notice without judgement how your mind & body are currently feeling

Prop Options:



Ujayi
Breathwork

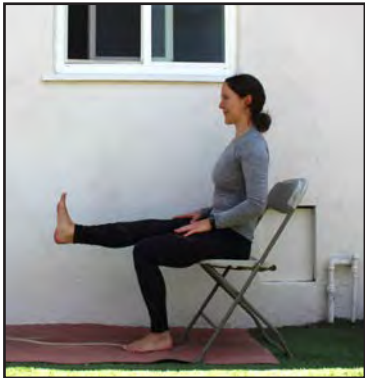


Warming up



Inhale

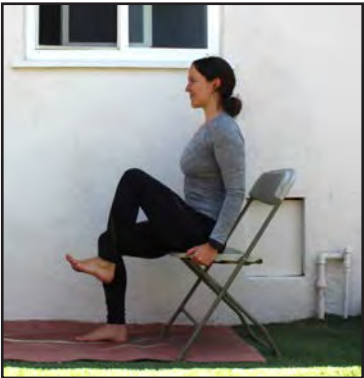
- Knee to chest
- Lift up to sit tall
- Draw your belly in & up, as if you're zipping up tight jeans
- Both feet flexed



Exhale

- Extend the leg
 - Activate the thigh & hip
- Option: Alternate pointing & flexing the foot

Repeat on other leg



Inhale / Exhale

- March
- Hands on the chair or on the knees, or prayer position
- Chest lifts
- Both feet flexed

Deep Abdominal Core Exercise

Be sure to breathe. Repeat 5-10 times.



- Sit on the edge of the chair
- Feet grounded on the floor
- Lean back into the chair



- Pretend there is a rope in your chest, pulling up to lift the chest
- Draw your belly in & up, as if you're zipping up tight jeans, to engage the core

Prop Options:



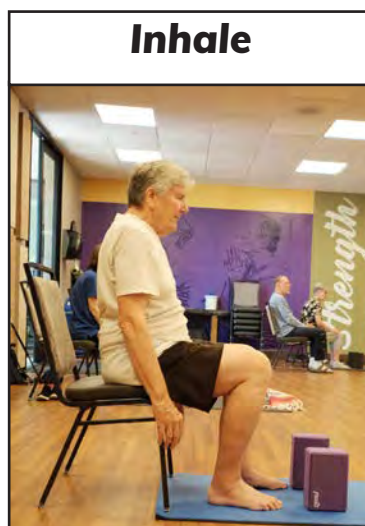
Ujayi
Breathwork



Chair Pose (Utkatasana)

Hands on the edge of seat, on thighs, or in prayer position

1. Begin to shift the weight forward on the feet, keeping most of the weight on the heels
2. Lift your chest to the sky, as if you have a string pulling your heart upward
3. Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
4. Squeeze the outer hips towards center
5. Powerfully press through the feet to come to stand
6. Hands reach back, prayer position, or reach up as you bend the knees, fighting gravity by slowly sending the hips back onto chair



Optional challenge to lift arms up overhead in chair pose with gaze to the sky

Be sure to breathe. Repeat chair flow / sit to stand for 5-10 rounds.

Prop Options:



Ujayi
Breathwork



Standing Mountain pose (Tadasana)



See page 26 for seated
variation

Use chair or wall for support

- Evenly press your feet firmly into the earth, as if you're growing roots from your feet
- Imagine a spool of yarn gently pulling the crown of your head up to lengthen your spine tall
- Shoulders back & down, engaging upper back muscles
- Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
- Squeeze outer hips to center
- Shift the weight forward to back & side to side

Optional block between thighs for squeezing toward center

Optional standing against wall to notice posture, trying to connect head, shoulders, hips, & heels to wall

Sphinx pose (Salamba Bhujangasana)



Blanket under chest, if needed

- Elbows by the chest, squeeze the shoulder blades behind you
- Spread fingers & pressing into ground
- Create tension by pulling forearms toward back of mat to open the chest
- Gaze ahead, lengthening the back of the neck
- Press in through the tops of the feet

**Repeat for 3-5 rounds, resting
in between.**

Seated pose
variation



Cool down stretching

Prop Options:



Ujayi
Breathwork



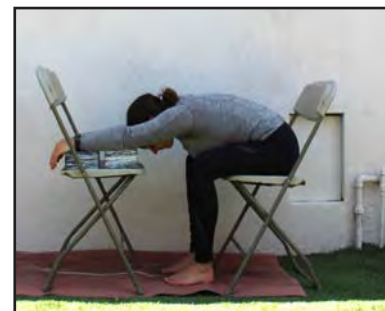
Childs pose (Balasana)



- Reach both arms overhead palms down, at your side palms up, or to “cactus” arms- bend the elbows if there is any shoulder pain
- Chest falls toward the thighs
- Let your head melt toward the mat, feeling it get heavier & more relaxed

Optional blanket under knees, on top of thighs, or on top of calves

Seated pose
variations



Staff pose (Dandasana)



Blanket under hips

- Press the hips back as you fold
- Open the chest
- Flex both feet
- Gaze forward, lengthening the back of the neck



Figure Four pose (Eka Pada Utkatasana)



- Ankle on top of the thigh
- Top knee presses outward
- Flex both feet

Option to reach through & grab under thigh for deeper stretch



Hold for 10-15 breaths.

Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this wesbite:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0hvx_iIP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](#)

(<https://youtu.be/enI7POgXnS4>)



YouTube:

[20-Minute Virtual PD Yoga Class](#)

(<https://youtu.be/ZngvNXItM-I>)



Section 4: Core & Posture

Core and posture yoga poses are great for people with PD because they help **strengthen the core, strengthen the back, improve posture, and improve balance**. These poses make it easier to stand and move safely, minimize the risk of falling, and help you stay independent 4, 8, 17-18, 22, 43, 49-53.



Standing Mountain Pose, Tadasana

See page 26 for seated variation

Diaphragmatic Breathwork



Time: 3-10 minutes

Place one hand on the belly & one hand on the heart.

Inhaling in through the **nose**, expanding the **chest & ribs**, sending the breath all the way down to the base of the **belly**. Find space & expansion with each breath.

Exhaling the **belly** releases, the **chest** falls, the breath rushes out the **nose**.

You can practice a 3-part breath to help achieve the diaphragmatic breath.

3-part breath

Inhale

Nose, Chest, Belly

Exhale

Belly, Chest, Nose

Themes:

Connecting breath to movement
Being present
Self-awareness



Mindfulness Tip:

Honor how you are feeling today in your practice. Stay aware of the body with the breath. Be curious & compassionate with each movement. Incorporate this tip in your everyday activities, especially when stressed or anxious.

Grounded breathing, meditation, & chanting (*see page 26*)

Section 4: Core & Posture

34

Prop Options:



Diaphragmatic
Breathwork



Warming up

See page 27-28 for PD loosening & more warmup exercises

AUM Chanting

see page 26



Inhale



- Cactus arms, squeeze the shoulder blades together
- Gaze to the sky
- BIG hands- extend & reach through fingertips

Exhale

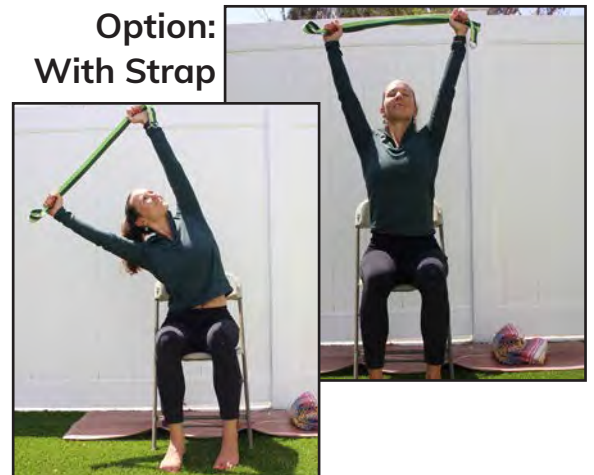


- Round out or “inflate” the upper back like a balloon
- Chin to chest
- Pretend to hug an imaginary friend

Waking the side body



Option:
With Strap



1. *Inhale.* Lengthen the spine
2. *Exhale. Exhale.* Arm(s) reach to one side. Palms energetically squeeze toward center.
 - Lift your chest to the sky, as if you have a string pulling your heart upward
 - Draw your belly in & up, as if you’re zipping up tight jeans, to engage the core
 - Shoulders back & down, away from ears
 - Chin up, gaze toward the sky

Prop Options:



Diaphragmatic Breathwork



Sun Salutation (Surya Namaskar)

Seated Variation.

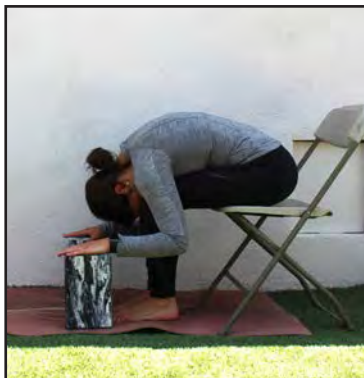
Sun salutations are a type of moving meditation where you focus on connecting your breath with movement, one breath per pose.

To set-up, place blocks on tall height in front of the feet.



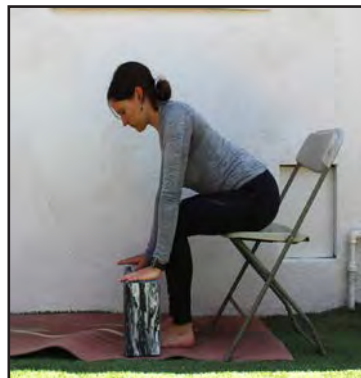
Inhale

- Reach out & up
- Gaze to the sky
- Exaggerated BIG hands



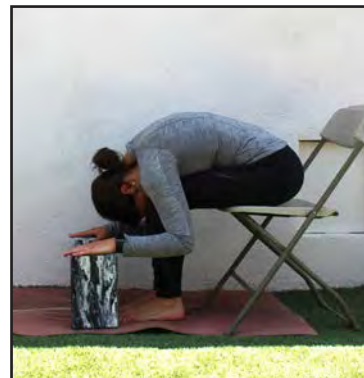
Exhale, forward fold

- Feet grounded on the floor
- Lift up & over the hips to hinge & fold forward
- Imagine your head is a bowling ball, gently pulling down towards the ground to release all tension in the head & neck. Option to gently shake the head yes/no



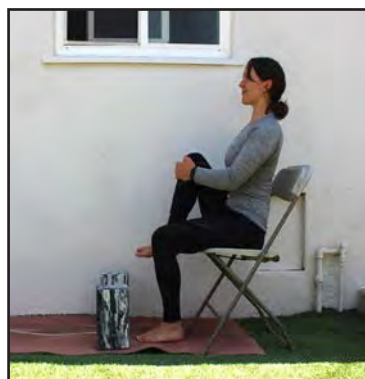
Inhale

- Hands on blocks, halfway lift
- Extend through the spine
- Squeeze shoulder blades together
- Gaze ahead of the mat so the back of the neck is long



Exhale, forward fold

- Option to progress: no blocks



Inhale

- Chest rises & lifts
- Hug right knee to chest
- Shoulders back & down
- Flex both feet
- Draw the belly in to engage core
- Gaze ahead



Exhale

- Rounding out, forehead towards the knee
- Chin to chest
- Inflate the upper back like a balloon
- Flex both feet



Inhale

- Reach out & up
- Gaze to the sky
- Exaggerated BIG hands



Exhale

- Hands relax or prayer position
- Imagine a spool of yarn gently pulling the crown of your head up to lengthen your spine tall
- Shoulders back & down

For standing sun salutation variation, see page 47.

This Sun Salutation sequence is repeated 3-5 times.

Section 4: Core & Posture

36

Prop Options:



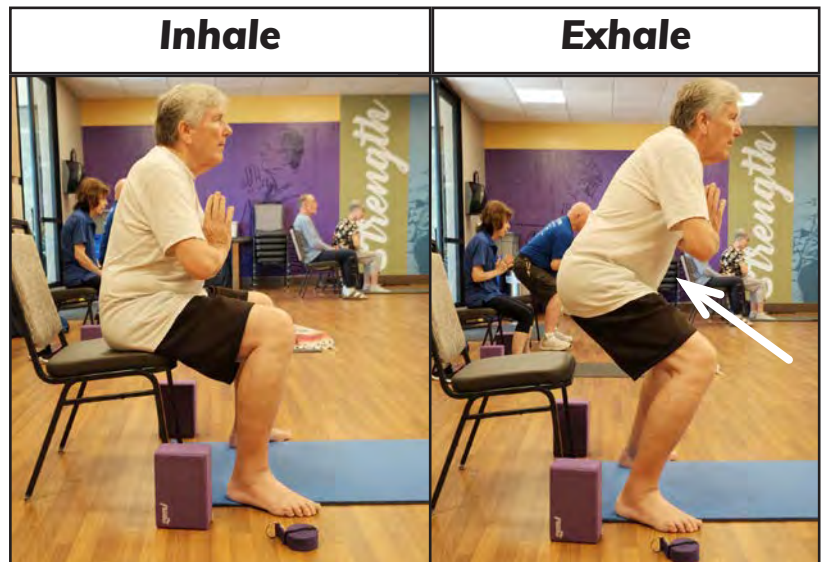
Diaphragmatic⁵
Breathwork



Goddess pose (Utkata Konasana)

Feet wide, heels in toes out. Hands on thighs or in prayer position

1. Begin to shift the weight forward into the feet, keeping most of the weight on the heels
2. Lift your chest to the sky, as if you have a string pulling your heart upward
3. Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
4. Powerfully press through the feet to come to stand
5. Hands reach back, prayer position, or reach up as you bend the knees
6. Fight gravity by slowly sending the hips back into the seat



Goddess: Side Body Stretch

1. Lower hand to block or forearm to thigh
2. Lift out of the hip to reach up & over
3. Lift the chest, extending from the hip to the fingertip
4. Gaze up to the sky



Be sure to breathe. Repeat goddess flow / sit to stand for 5-10 rounds.

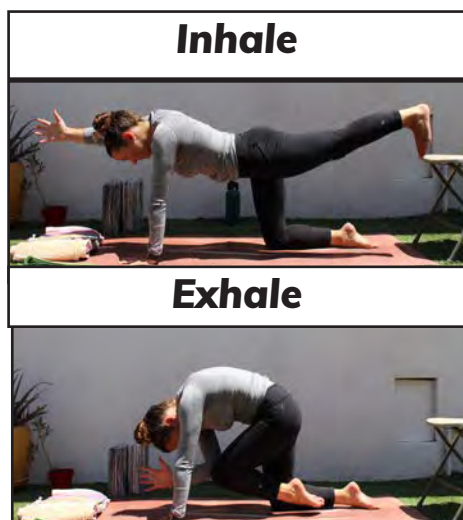
Spinal Balance

(Dandayamana Bharmanasana)

Prop Options:



Diaphragmatic
Breathwork



Start in a tabletop position

- Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
- Inhale extend opposite leg & arm reaching to opposite ends of mat
- Both hips are pointed to floor
- Lengthen from heel to fingertips

Optional blanket under knees

Seated pose
variation



Boat pose (Navasana)



Hold under the thighs

- Begin to shift the weight back
- Lift your chest to the sky, as if you have a string pulling your heart upward
- Shift the weight off the feet, lifting the toes
- Working toward releasing the hands palms up with chest lifted

Optional blanket under hips

Seated pose
variation



Locust pose (Salabhasana)



Blanket under chest, if needed

- Arms at the sides, palms down or reach overhead (with or without strap)
- Peel the chest & arms up
- Gaze toward top of mat to lengthen back of neck
- Lengthen through the entire body
- Squeeze the glutes & press the hips into the Earth

See seated Sphinx pose on page 30

Repeat all for 3-5 rounds, moving with the breath, resting in between.

Section 4: Core & Posture

38

Cool down stretching

Prop Options:



Diaphragmatic⁵
Breathwork



Twist pose (Vakrasana)

Inhale



Exhale

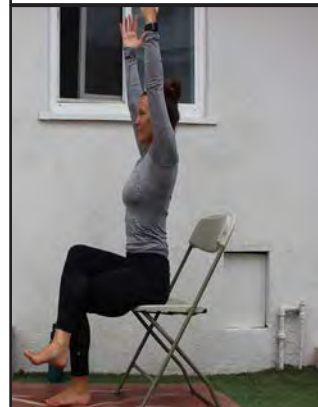


- After “windshield wiping” the knees side to side, allow them to fall to one side
- Gaze over opposite shoulder

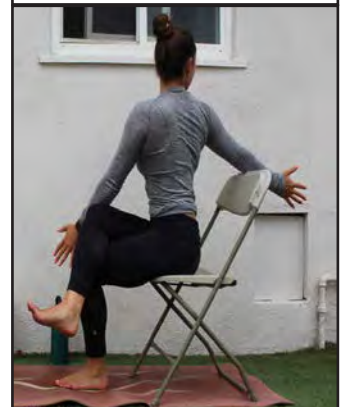
Optional blanket under head

Optional 1-2 blocks or blanket at side for knees to rest on

Inhale



Exhale



Seated pose
variation

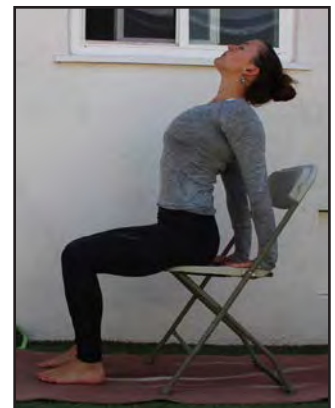
Fish pose (Matsyasana)



- Blanket rolled long ways on mat aligned with spine
- Legs as wide as the mat
- Arms come to cactus or a “T” with palms facing up
- Breathe into the chest

Optional blanket or pillow under head, 1 block in between shoulder blades, 1 block under neck

Seated pose
variation



Hold for 10-15 breaths.

Virtual PD Yoga with Nikki

Please see pages 5-7 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this website:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0hvx_iIP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/RWGyxwmS7Rw)

(<https://youtu.be/RWGyxwmS7Rw>)



YouTube:

[20-Minute Virtual PD Yoga Class](https://youtu.be/pEMsnaRCySo)

(<https://youtu.be/pEMsnaRCySo>)



YouTube:

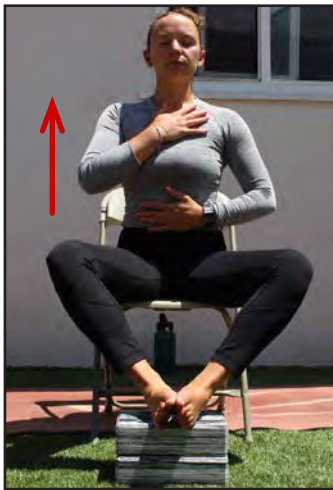
[10-Minute Virtual PD Meditation](https://youtu.be/j-yWt5t3OrE)

(<https://youtu.be/j-yWt5t3OrE>)



Section 5: Mobility

Mobility yoga poses are especially helpful for people with PD because they **keep joints flexible, maintain range of motion, and improve movement**. These poses make daily activities easier by reducing stiffness and helping you move more smoothly. 6, 15, 17, 22, 43, 49-50, 53



Seated Butterfly Pose, Baddha Konasana

Soles of the feet together, knees out wide

Lift your chest to the sky, as if you have a string pulling your heart upward

Elevate the hips to tilt hips forward & press belly button forward

Options on the floor: with 1 blanket and/or 1-2 blocks under hips, 2 blocks under both thighs to support, sit with back straight against wall for support



Counting Breathwork



Time: 3-10 minutes

Breathe deeply into the chest & belly, begin to slow the breath by counting down from 4 seconds on each inhale & exhale. During meditation, aim to double your exhales (8 sec.) compared to inhales (4 sec.)

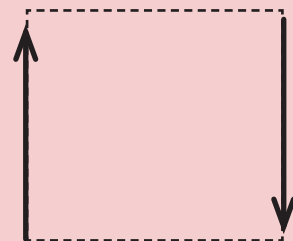
Practice this counting breath during your meditation & movement in your yoga practice & during your everyday activities.

Box Breath

Hold at the top for 4 seconds

Inhale for 4 seconds

Exhale for 4 seconds



Hold at the bottom for 4 seconds



Mindfulness Tip:

In this yoga practice & daily life. Use each exhale to release tension & self-judgement, visualizing them flowing away like a gentle stream to create a sense of peace & resilience.

Theme: Letting go, surrendering

Grounded breathing, meditation, & chanting (see page 26)

Prop Options:



Counting
Breathwork



Warming up

See page 27-28 for PD loosening & more warmup exercises

AUM Chanting

see page 26



Inhale

- “Cactus” or “goal post” arms
- Expand the chest
- Gaze to the sky
- Exaggerated BIG hands

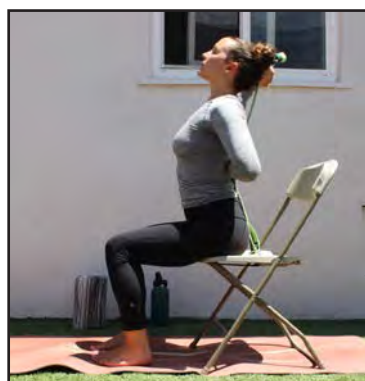
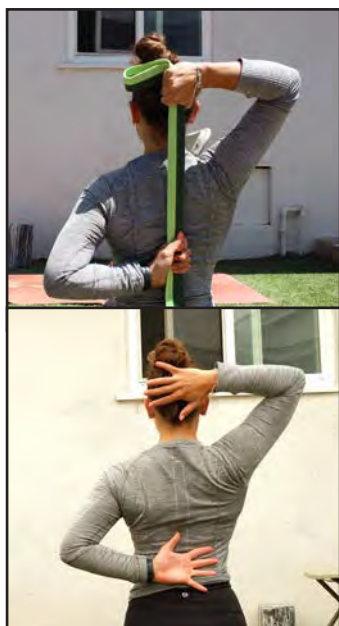


Exhale

- Forearms come toward each other
- Round or inflate the upper back like a balloon
- Chin towards chest

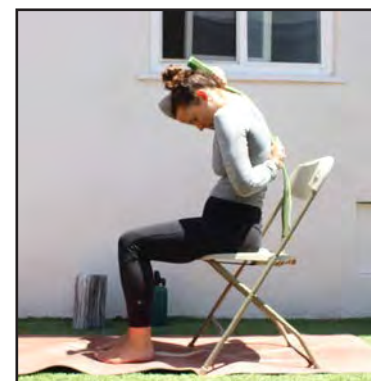
Waking the shoulders

Cow Face pose (Gomukhasana) with or without strap



Inhale

- Elbows reach out & back to lift & expand the chest
- Engage upper back muscles
- Gaze to the sky



Exhale

- Round or inflate the upper back like a balloon
- Chin towards chest

Section 5: Mobility

42

Waking the legs

Prop Options:



Counting
Breathwork



1. Extend one leg out, press the heel into the floor & flex the foot
2. Hinge at the hips, scoop with both arms to reach down, forward, then up to the sky
3. Exaggerated BIG hands

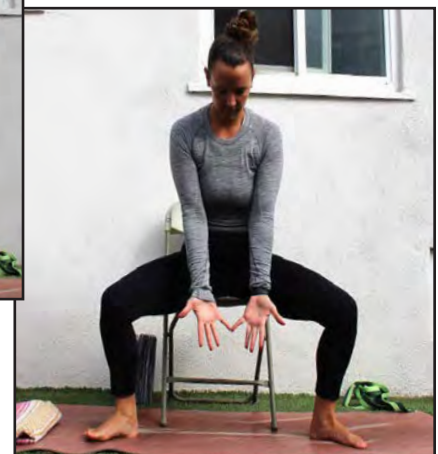


Moonflowers and Sunflowers

Moonflower: Exhale; Elbows draw into the sides

Sunflower: Exhale; Pinky fingers come around to touch

1. Feet wide, heels in & toes out
1. BIG, exaggerated hands
2. Keep most of the weight on the heels
3. Lift your chest to the sky, as if you have a string pulling your heart upward
4. Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
5. Bend the knees at a diagonal
6. Powerfully press through the feet to come to stand



Be sure to breathe. Repeat goddess flow / sit to stand for 5-10 rounds.

Prop Options:



Counting
Breathwork



Wide-legged forward fold pose

(Prasarita Padottanasana)



- Feet wide, parallel to each other or heels in with toes out
- Reach hips back & crown of head forward to lengthen the spine
- Chest drops toward floor
- Gaze toward the floor to lengthen the back of the neck

- Bend the knees as much as you need to keep an long spine; avoid locking out the knees

Optional 1-2 blocks under hands or forehead

Seated pose
variation



Twisting wide legged forward fold

Inhale

Exhale



From a wide-legged forward fold with feet wide

- Send sitbones backward & reach crown of head forward to lengthen the spine
- Center one hand on chair, reach the other arm up overhead to stack the shoulders
- Keep weight even on both feet to twist from spine instead of hips



Pyramid pose (Parsvottanasana)

Seated pose
variation



- Take a small step back, back foot at a 45 degree angle
- Front hip pulls back & back hip presses forward to square hips
- Lengthen out of tailbone to elongate the spine

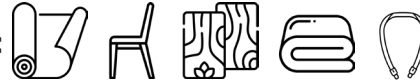


See page 29

Hold for 10-15 breaths.

Cool down stretching

Prop Options:



Counting
Breathwork



Thread the Needle pose (*Urdhva Mukha Pasasana*)



- From a tabletop position, extend one arm to the side & “thread” through to find a twist
- Hips lift, top arm bends or comes to block
- Shoulder & ear rest on mat or block
- Chest opens up to sky, finding a twist
- Gaze up to the sky

Optional 1-2 blocks under top hand or head

Optional blanket under knees

Seated pose variation



Happy baby pose (*Ananda Balasana*)

Seated pose variation



- On your back, hug one knee into the chest aiming toward the armpit
- Begin to reach the sole of the foot up toward the sky & grab under the thigh, a strap, or the outside blade edge of the foot

- Firmly grounding your tailbone into the Earth
- Head & chest rests heavy on mat

Optional strap for tighter hips

Optional blanket under hips or neck



Hold for 10-15 breaths.

Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this website:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0h xv_i lP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/1UrSrMC_DIA)

(https://youtu.be/1UrSrMC_DIA)



YouTube:

[20-Minute Virtual PD Yoga Class](https://youtu.be/f3Ler7nePXs)

(<https://youtu.be/f3Ler7nePXs>)



YouTube:

[5-Minute Breathwork Meditation](https://youtu.be/UJc9u6XTHqI)

(<https://youtu.be/UJc9u6XTHqI>)



Section 6: Strength

Yoga poses target upper and lower body strength which is great for people with PD as it improves your ability to perform everyday tasks, enhance stability, and minimize the risk of falling. 6, 15, 17, 22, 43, 49-50, 53



Hero Pose, Virasana

See page 26 for seated mountain or page 40 for seated butterfly, especially if there is any past knee injuries or pain

Come to sit on bent knees with the thighs squeezing together

Shoulders back & down to lengthen the spine

Option: tuck toes under for additional foot stretch

Option: 1-2 blocks under hips & blanket under knees

Alternate Nostril Breathwork



Time: 3-10 minutes

Place your thumb on your right nostril to close & inhale deeply. Exhale through your left nostril only. Then release your thumb & close your left nostril with your ring finger & pinky to inhale deeply & exhale through your right nostril only. You switch fingers/nostrils at the top of each inhale. Alternate each steady & smooth breath between each nostril.



Mindfulness Tip:

In this yoga practice & daily life, focus on acceptance by acknowledging & embracing your current abilities, understanding that each effort, no matter how small, contributes to your growth & resilience.

Theme: Acceptance

-Exploring, expanding, & embracing your own limitations

Grounded breathing, meditation, & chanting (see page 26)

Prop Options:



Diaphragmatic⁵
Breathwork



Sun Salutation A (Surya Namaskar A)

Standing Variation. See seated variation on page 35.

Sun salutations are a type of moving meditation where you focus on connecting your breath with movement, one breath per pose.

To set-up, place blocks on tall height in front of feet.



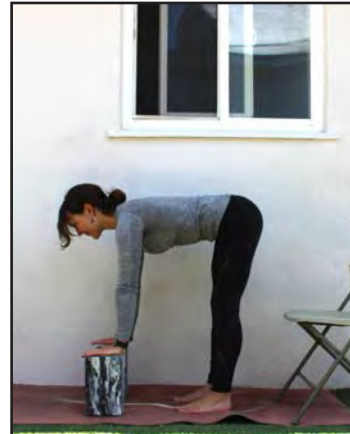
Inhale

- Reach out & up
- Gaze to the sky
- Exaggerated BIG hands



Exhale, forward fold

- Dive down, hands to blocks
- Lift up & over of the hips to hinge & fold forward
- Imagine your head is a bowling ball, gently pulling down towards the ground to release all tension in the head & neck



Inhale

- Hands on blocks, halfway lift
- Extend through the spine
- Squeeze shoulder blades together
- Gaze ahead of the mat



Exhale, forward fold

- Option to gently shake the head yes/no
- Option to progress: no blocks



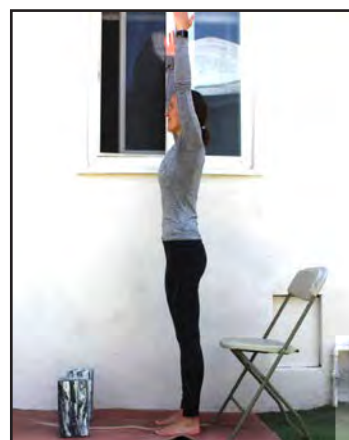
Inhale

- Chair pose

See page 29

Exhale

- Hold chair pose



Inhale

- Reach out & up
- Gaze to the sky
- Exaggerated BIG hands

This Sun Salutation sequence is repeated 3-5 times.

Section 6: Strength

48

Warming up

Prop Options:



Diaphragmatic
Breathwork



See page 27-28 for PD loosening & more warmup exercises

Arm circles



1. With the arms at a "T", begin to find small arm circles going forward
2. With the flow of the breath, progressing to big arm circles for 10 seconds
3. Pause & rest if needed
4. Repeat for other direction, backward arm circles

Crescent Moon (Urdhva Hastasana)

See page 34 for seated variation



1. *Inhale*. Reach both arms up overhead, palms facing each other
 2. *Exhale*. Arm(s) reach to one side. Palms energetically squeeze toward center.
- Lift your chest to the sky, as if you have a string pulling your heart upward
 - Draw your belly in & up, as if you're zipping up tight jeans, to engage the core
 - Evenly press your feet firmly into the earth, as if you're growing roots from your feet

Optional: squeeze block between thighs, squeeze block between hands, or use strap between hands

Prop Options:



Diaphragmatic⁵
Breathwork



Warrior I Flow



See page 22 for Warrior I, including seated variation

Inhale



Exhale



1. *Inhale*. Scoop forward & up, squeezing the block toward center
2. *Exhale*. Straighten the front leg & bending the elbows behind the head
3. *Inhale*. Extend up, reach up with the block
4. *Exhale*. Return to Warrior I

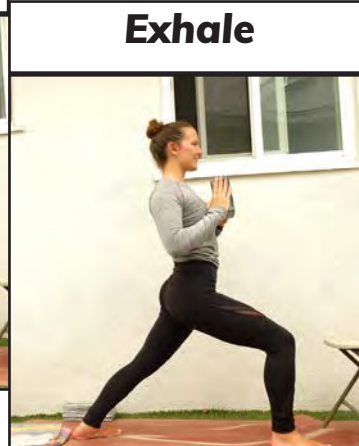


Alternating sets with palms against block
& "picture frame" BIG hands

Inhale



Exhale



Section 6: Strength

50

Prop Options:



Diaphragmatic
Breathwork



Warrior III (Virabhadrasana III)



- Hands on the seat of the chair
- Both hips pointing toward the floor
- Extend one leg behind you & finding leg lifts with the breath
- Lengthen through your spine, back of the neck is long

Seated pose
variation

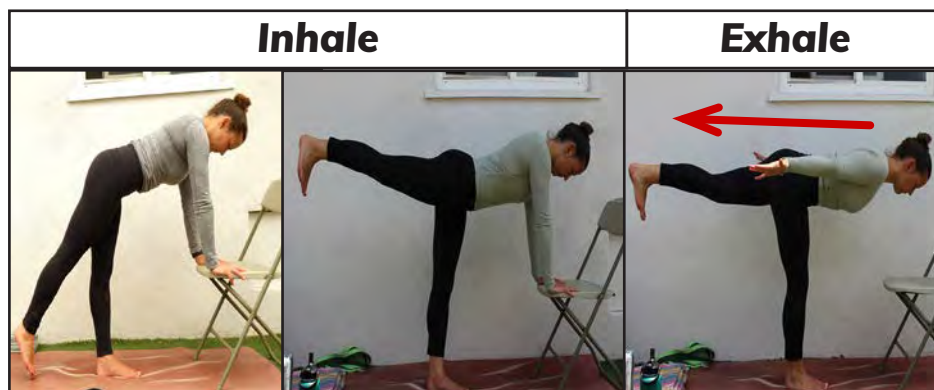


Alternate standing
variation



Warrior III Leg Lift Flow

1. *Inhale*. Lift the back leg. Flex both feet to feet & drive the heel of the foot to the sky to activate the back of the leg
2. *Exhale*. Hold Warrior III or lower back down to flow, finding continuous leg lifts with the breath.



Option to lift 1-2 hands off seat for balance reaching behind or in prayer position

Bridge pose (Setubandha Sarvangasana)

- Feet at hips distance
 - Arms at the sides, palms down
 - Press through the feet & arms to lift the hips
 - Squeeze the glutes & pull the heels back toward the chest
- Optional block between thighs & blanket under hips



Seated pose
variation

Challenge:

One-Legged Bridge



Prop Options:



Diaphragmatic
Breathwork



Locust, see page 24, **flow with block**

See seated option, Sphinx, on page 30.

Blanket under chest, if needed

- Reach the block up overhead
- Lift the arms, gaze, chest, & legs
- Lengthen through the entire body
- Squeeze the glutes
- Reach with the block out wide to switch hands behind the back

Challenge: lift both legs



Be sure to breathe. Repeat these flows & exercises for 5-10 rounds.

Cool down stretching

Half wind releasing pose (Ardha Pawanmuktasana)

See seated option, knees to chest, on page 24.

Blanket under hips or neck, if needed

- Chest, head, & neck rests heavy on the mat
- Gently hug one knee toward the chest
- Hold for 5-10 breaths before switching sides

Opposite leg can bend with foot on the floor or extend long



Hold for 10-15 breaths.

Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this website:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0h xv_i lP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/ybgNLzb6rsc)

(<https://youtu.be/ybgNLzb6rsc>)



YouTube:

[20-Minute Virtual PD Yoga Class](https://youtu.be/2IRw_OsVWxA)

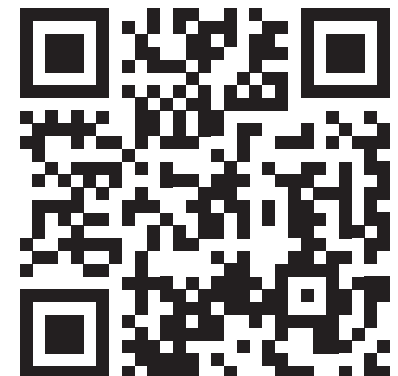
(https://youtu.be/2IRw_OsVWxA)



YouTube:

[5-Minute Breathwork Meditation](https://youtu.be/39z5WBaVDdw)

(<https://youtu.be/39z5WBaVDdw>)



Section 7: Balance

Yoga poses for balance are great for people with PD because they help you stay steady and coordinated. These poses **reduce the chance of falling and help you move more safely and confidently**. 6, 15, 17, 22, 43, 50-53

Beginning in Seated Mountain Pose, see page 26, **or Standing Mountain Pose**, see page 30

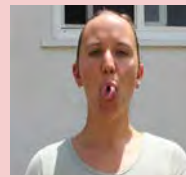
Tadasana

Sheetali Cooling Breathwork



Time: 3-10 minutes

Precautions: Low blood pressure, respiratory disorders



Sitting comfortably with a straight spine, palms facing up, roll your tongue into a “taco” tongue shape, & inhale slowly through the tongue. Close your mouth & exhale gently through the nose, repeating this process for several breaths to promote calmness & reduce heat in the body. This can also be done with pursed lips or by practicing Sitkari pranayama (parting the lips, inhaling in through the teeth with the tongue floating behind the teeth). Noticing the coolness of the air & tongue by pressing against the roof of the mouth. Swallow when needed. Pausing after a few minutes to notice the body & mind with a sense of feeling refreshed, renewed, & cooled.

Practice this cooling breath during your meditation & movement in your yoga practice & during your everyday activities.



Mindfulness Tip:

In this yoga practice & daily life, focus on feeling the stability of the ground beneath you & embrace each moment with a sense of non-striving, connecting deeply to your inner self without the pressure of achieving.

Theme: Grounding, Non-striving: Connecting to inner self without pushing

Grounded breathing, meditation, & chanting (*see page 26*)

Section 7: Balance

54

Warming up

See page 27-28 for PD loosening & more warmup exercises

Prop Options:

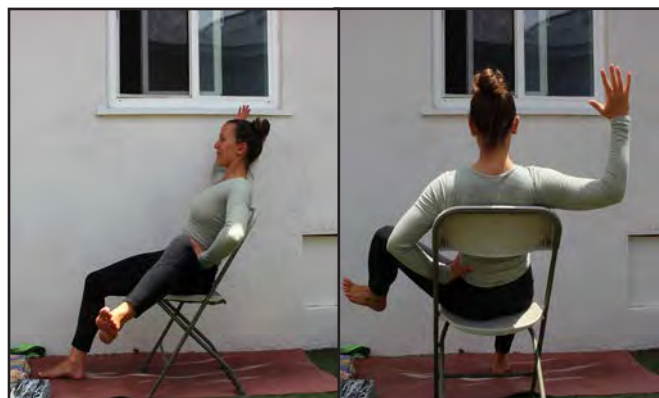


Diaphragmatic
Breathwork



Inhale

- Seat forward, leaning into chair back
- Extend opposite leg & arm
- Lift your chest to the sky, as if you have a string pulling your heart upward
- Gaze to the sky
- Exaggerated BIG hands



Exhale

- Bend the elbow & knee out to side
- Lift your chest to the sky, as if you have a string pulling your heart upward
- Flex the foot with exaggerated BIG hands

Continue to warm-up the body with sun salutations, see page 35 or 47 , moving the body with the breath. When you are ready, meet in Mountain pose see page 26 or 30, & begin shifting the weight, noticing the posture, & noticing your balance before we come into our standing balance sequence.

Listen to your body & take whatever variation you need today.

Tree Pose (Vrksasana)

1. From a grounded Mountain pose, see page 30, begin to shift the weight into 1 leg
2. Sole of the foot comes to inside of ankle or inside of calf
3. Hands rest on the chair, in prayer position, or reaching overhead
4. Find a focal point that is not moving to fix your gaze on to help balance

Optional to stand against wall, take seated variation with foot on block or leg on chair



Seated pose
variation



Hand to knee pose

(Tadasana Janu Hastasana)

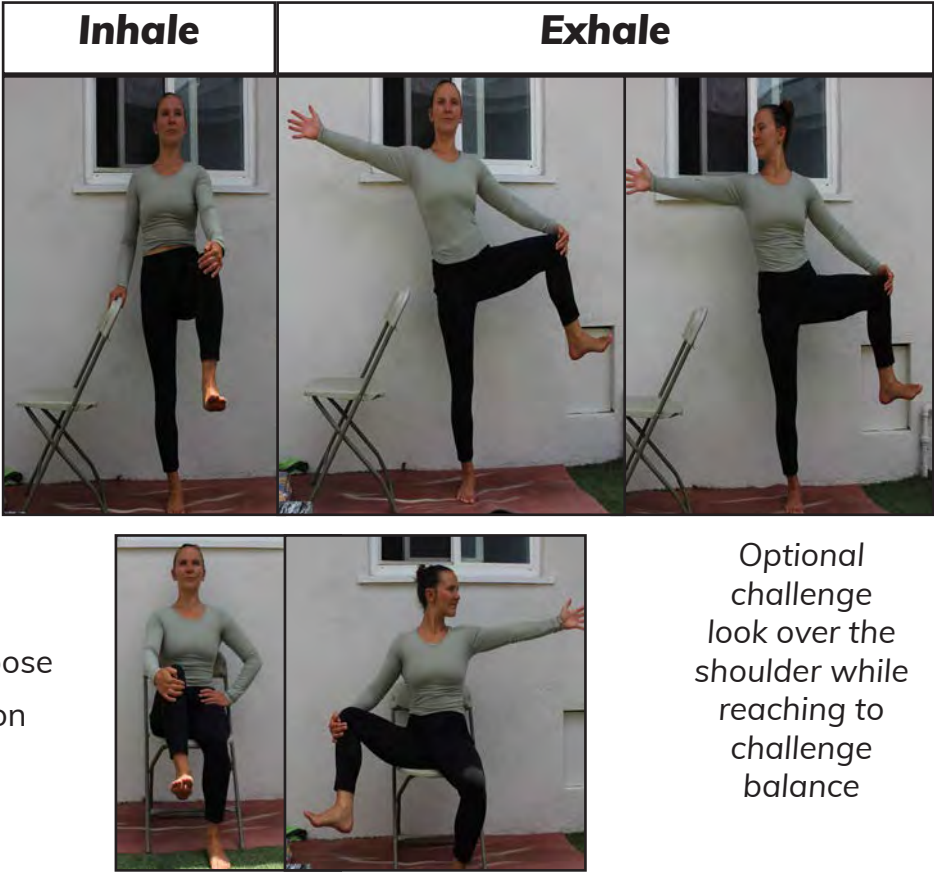
Prop Options:



Diaphragmatic  Breathwork

1. *Inhale*. One knee lifts toward the chest, flex both feet, & ground down through the standing leg
2. *Exhale*. Knee swings out to the side & arm reaches opposite for counter balance
 - Draw your belly in to engage the core
 - Find a focal point that is not moving to fix your gaze on to help balance

Seated pose variation

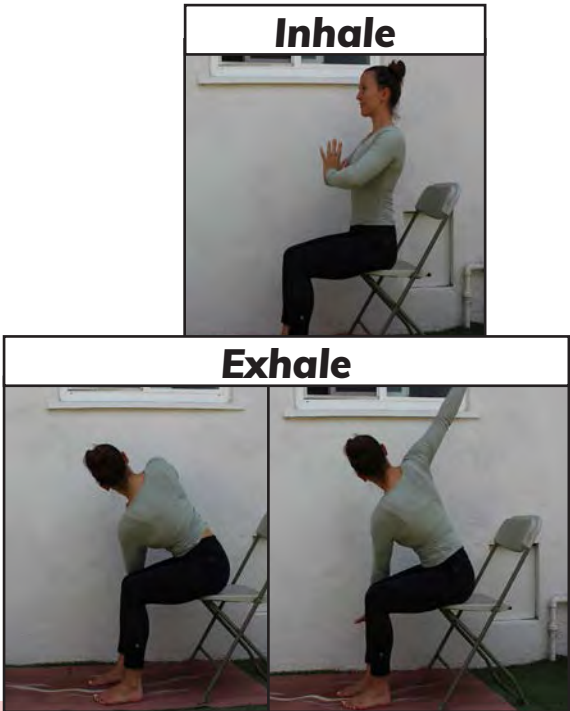


Optional challenge
look over the shoulder while reaching to challenge balance

Chair Twist pose (Parivrtta Utkatasana)

Feet at hips distance

1. *Inhale*. Lengthen through the spine
2. *Exhale*. Chest turns to one side for a twist, connect the elbow or open arms to opposite thigh
 - Lift the chest, keep the knees in line with each other
 - BIG, exaggerated hands
 - Keep most the weight in the heels
 - Hips can stay on chair or lift 1-2 inches off seat



Be sure to breathe. Repeat on each side & hold for 5-10 rounds of breath.

Cool down stretching

Prop Options:



Diaphragmatic⁵
Breathwork



Low Lunge pose

(Anjaneyasana)



Using chair in front or tall blocks on either side for balance

Blanket under back knee for comfort

- Bend into the front knee
- Both hips pointing toward front of mat
- Energetically pull legs toward center



Inhale

- Reach up to lengthen the spine
- Exaggerated BIG hands

Exhale

- Hands to prayer position or arms open up to connect with opposite thigh, finding a twist
- Lift the chest to lift & turn open to twist
- Breathe deeply

Seated pose
variation



Bridge pose flow

See page 50 for Bridge pose

1. From Bridge pose, begin to shift the weight on to the balls of the feet to lift the heels off the mat
2. Then press the heels down, lifting the toes up toward the sky
3. Alternate with the breath



Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

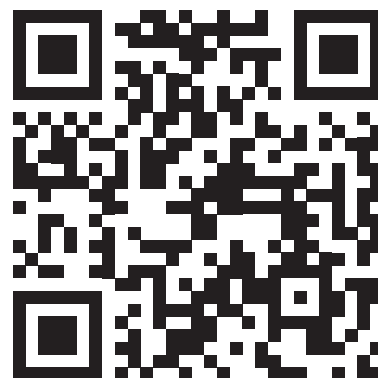
To access to all manual PD yoga videos, please visit this website:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0h xv_i lP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/b5WZtuZj708)

(<https://youtu.be/b5WZtuZj708>)



YouTube:

[20-Minute Virtual PD Yoga Class](https://youtu.be/aENEVuF6DAI)

(<https://youtu.be/aENEVuF6DAI>)



YouTube:

[3-Minute Breathwork Meditation](https://youtu.be/AV44enrauVU)

(<https://youtu.be/AV44enrauVU>)



Section 8: Mindful Movement

Yoga poses should always incorporate mindful breathing and movement to help you focus and become more aware of your body to **reduce stress and make your movements smoother and more intentional**. 4, 6, 15,-17, 19, 22, 25, 43, 50-53

Beginning in a comfortable seated or standing position suggested from previous sections or finding a different version that uses your blankets, blocks, and/or any other props to maximize support and stability.

Skull Brightening Breathwork or Breath of Fire (Kapalbhati)



Time: rounds of 10-30 breaths

Precautions: High blood pressure, heart conditions, previous stroke/epilepsy, & **monitor for dizziness or discomfort**

Sitting comfortably with a straight spine, taking a deep breath in through your nose, then begin forceful exhalations through your nose by pulling your navel in towards your spine with each exhale; inhalations will be passive & automatic. Start with 10-20 gentle cycles, & stop immediately if you feel dizzy or uncomfortable. Pausing after a few minutes to notice the body & mind with a sense of feeling cleansed, invigorated, & warmed.

Practice this Breath of Fire during your meditation & movement in your yoga practice & during your everyday activities, especially in the morning.



Mindfulness Tip:

In this yoga practice & daily life, focus on each movement with mindful attention, imagine yourself moving smoothly before each movement, set a clear intention to guide your session, & engage your mind by incorporating gentle cognitive strategies such as counting breaths or repeating positive affirmations.

Theme: Mindful movement, setting intentions for your yoga practice, and implementing cognitive strategies for the body & mind

Grounded breathing, meditation, & chanting (see page 26)

Warming up Active Spinal Twist

Prop Options:



Diaphragmatic
Breathwork



Inhale

- Arms out to a "T"
- Expand the chest
- Gaze to the sky
- Exaggerated BIG hands



Exhale

- Straight arm smoothly swings toward the opposite palm
- Lengthen & lift your spine out of the hips to twist



Inhale

- Arms out to a "T"
- Expand the chest
- Gaze to the sky
- Exaggerated BIG hands



Exhale

- Switch sides, straight arm smoothly swings toward the opposite palm
- Lift the spine up out of the hips to twist

Eagle Arms (Sukhasana Garuda)



Inhale

- Arms reach out & expand the chest
- Engage upper back muscles
- BIG hands
- Gaze to the sky



Exhale

- Round or inflate the upper back like a balloon
- One arm swings underneath the other to hug yourself
- Lift your chest to the sky, as if you have a string pulling your heart upward



Option to progress to back of hands touching to palms touching

Section 8: Mindful Movement

60

Prop Options:



Diaphragmatic⁵
Breathwork



Sun Salutation B (Surya Namaskar B)

Standing Variation.

Sun salutations are a type of moving meditation where you focus on connecting your breath with movement, one breath per pose.

To set-up, place a blanket under the knees & optional block for under shoulders.



Inhale

- Modified plank pose

See page 23.

Exhale

- Dive chest & chin down toward the mat
- Hands, knees, & toes press into mat
- Elbows point straight back, squeezing elbows into the side body

Inhale

- Cobra pose

See page 24.

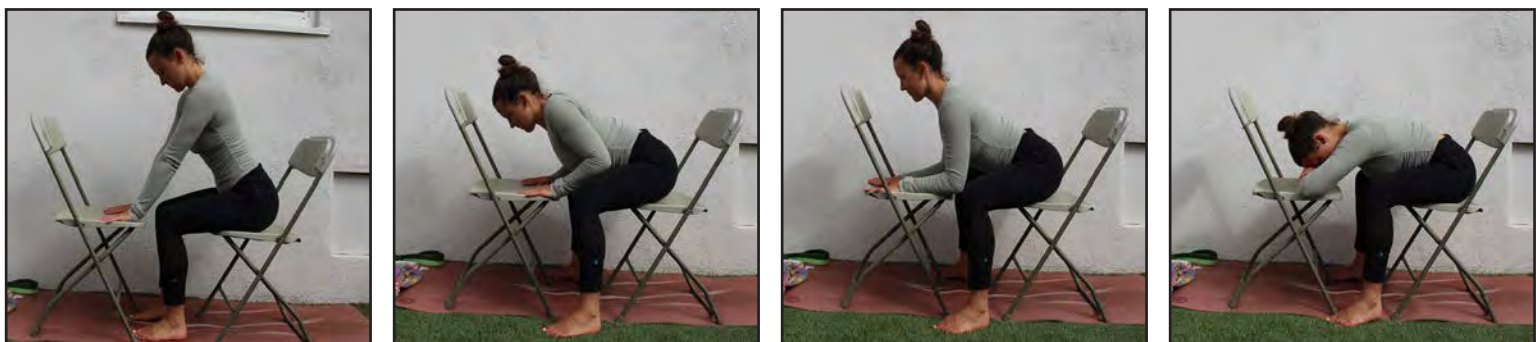
Exhale

Childs pose, see page 31.

Option to reach overhead, arms by the sides, or resting the head on forearms or blocks

Sun Salutation B (Surya Namaskar B)

Seated Variation, can do seated with hands against chair or standing with hands against wall.



Inhale

- Halfway lift
- Press into the palms
- Imagine a spool of yarn gently pulling the crown of your head up to lengthen your spine tall

Exhale

- Chest dives down toward chair
- Elbows point straight back, squeezing elbows into the side body

Inhale

- Seated Sphinx pose

See page 30.

Exhale

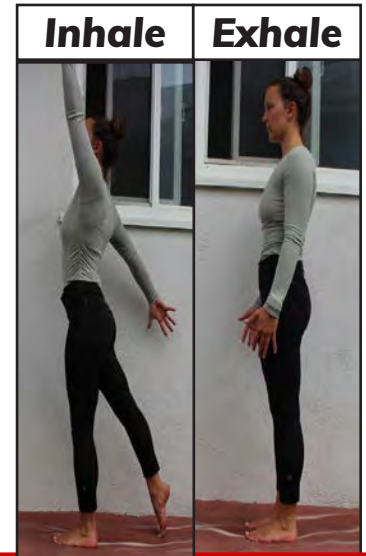
Childs pose, see page 31.

Option to reach overhead or resting the head on forearms or blocks

This Sun Salutation sequence is repeated 3-5 times.

LSVT Rock N' Roll ²⁹

1. Use a chair or standing next to a wall from Mountain pose
2. Begin to step forward, shifting the weight into the front foot
3. Reach the same arm up overhead & opposite arm reaching behind
4. "Rock N' Roll" on each side with the breath



LSVT Rock N' Twist ²⁹

1. Use a chair or standing next to a wall from Mountain pose
2. Shift the weight into the front foot to step forward
3. Turn the chest toward the front leg
4. Reach arms to a "T" to find a twist from the spine



Warrior I, see page 22 , **flow**

Use a chair in front or standing next to a wall from Warrior I pose

1. *Inhale*. "Cactus" the arms, opening the chest
2. *Exhale*. Reaching forward, rounding through the upper back, as if you are hugging an imaginary friend



Be sure to breathe. Repeat flows for 5-10 rounds.

Prop Options:



Diaphragmatic
Breathwork



Reverse Warrior pose

(Viparita Virabhadrasana)

1. From Warrior II, see page 22, back hand rests on the thigh
2. Begin to reach up & over with the front palm toward the sky
3. Lift the chest, breathe into the side body
4. Gaze lifts to the sky

Seated pose
variation



Cool down stretching

Puppy pose (Uttana Shishosana)

1. Outstretch the arms forward or elbows to blocks
2. Let your head & chest melt toward the mat, growing heavier and more relaxed
3. Sitbones & hips reach up toward the sky

Optional blanket under knees, tucking the toes, blocks under elbows

Seated pose
variation



Be sure to breathe. Repeat flows for 5-10 rounds.

Virtual PD Yoga with Nikki

See pages 9-11 for more information on preparing and setting up your yoga practice.

Click on the blue or **Scan** the QR code below by opening your camera app and tap on QR code pop-up website link.

To access to all manual PD yoga videos, please visit this wesbite:

https://www.youtube.com/playlist?list=PLjxstc32SQIFBi0hvx_iIP5NshBLXyKAM

YouTube:

[60-Minute Virtual PD Yoga Class](https://youtu.be/TG9YCifMjHU)

(<https://youtu.be/TG9YCifMjHU>)



YouTube:

[30-Minute Virtual PD Yoga Class](https://youtu.be/_CNhd-fojiE)

(https://youtu.be/_CNhd-fojiE)



YouTube:

[10-Minute Breathwork Meditation](https://youtu.be/7rMq0Ber2yk)

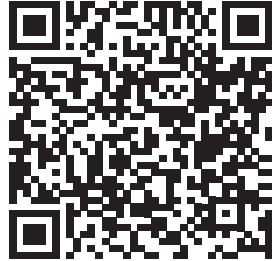
(<https://youtu.be/7rMq0Ber2yk>)



Section 9: Additional free resources & exercise videos

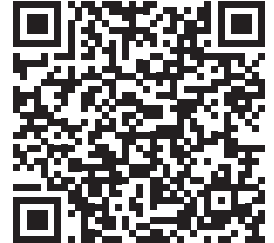
Click on the blue or Scan the QR code below by opening your camera app and tap on QR code pop-up website link.

[PEP4U
Yoga
Classes](https://pep4u.org/exercise/recorded-classes/recorded-yoga-classes/)



(<https://pep4u.org/exercise/recorded-classes/recorded-yoga-classes/>)

[Chair Yoga
Classes](https://aurawellnesscenter.com/2013/05/20/chair-yoga-a-gentle-discipline/)



(<https://aurawellnesscenter.com/2013/05/20/chair-yoga-a-gentle-discipline/>)

[Power for
Parkinsons
Chair Exercise
Classes](https://www.powerforparkinsons.org/blog/seated-exercise-our-ultimate-chair-workout-guide)



(<https://www.powerforparkinsons.org/blog/seated-exercise-our-ultimate-chair-workout-guide>)

[PD Exercise
Videos](https://originalbodywisdom.com/parkinsons-disease-relief-exercises/)



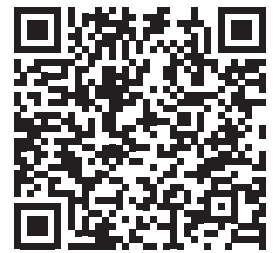
(<https://originalbodywisdom.com/parkinsons-disease-relief-exercises/>)

[Davis
Phinney
Meditations](https://davisphinneyfoundation.org/meditation-mindfulness-parkinsons/)



(<https://davisphinneyfoundation.org/meditation-mindfulness-parkinsons/>)

[Mindful
Meditations](https://www.parkinsons.org.uk/information-and-support/mindfulness-and-parkinsons)



(<https://www.parkinsons.org.uk/information-and-support/mindfulness-and-parkinsons>)

[Michigan PD
Foundation
Yoga Classes](https://www.youtube.com/@MichiganParkinsonFoundation/playlists)



(<https://www.youtube.com/@MichiganParkinsonFoundation/playlists>)

YEAR **2024**

daily journal

[Click here](https://www.canva.com/design/DAGJXiciE2E/I-mn-syS9AsmpRt8XoHPfw/view?utm_content=DAGJXiciE2E&utm_campaign=designshare&utm_medium=link&utm_source=editor) or enter the following website address link to download a copy of this journal.
You can print out to use weekly or daily.

https://www.canva.com/design/DAGJXiciE2E/I-mn-syS9AsmpRt8XoHPfw/view?utm_content=DAGJXiciE2E&utm_campaign=designshare&utm_medium=link&utm_source=editor

MOVEMENT & MINDFULNESS JOURNAL

WEEKLY MOVEMENT



Plan out your weekly exercise schedule, including mindfulness meditations and breathwork.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEKLY TO-DO:

SELF-CARE

Journal

DATE: / /

● ● ● ● ● ● ●
S M T W T F S

TODAY I'M GRATEFUL FOR:

- 1. _____
- 2. _____
- 3. _____

WEEKLY LOG

Movement
(includes yoga, walking, other exercise)
type: _____
minutes: _____

Meditation & Breathing
(includes mindfulness strategies used during daily activities to manage PD symptoms)
minutes: _____

MOOD

    
ANGRY TIRED SAD HAPPY EXCITED

GOAL OF THE DAY

TODAY'S AFFIRMATION

NOTES/REMINDER:

Weekly Reflection Journal

Set intentions for clarity, compassion, vitality, and inner peace, and feel the positive impact throughout the day.

[illegible]

1. Afshari, M., Yang, A., & Bega, D. (2017). Motivators and barriers to exercise in parkinson's disease. *Journal of Parkinson's Disease*, 7(4), 703–711. <https://doi.org/10.3233/jpd-171173>
2. American College of Sports Medicine. (2021). New exercise recommendations for the parkinson's Community and Exercise Professionals. Parkinson's Foundation. <https://www.parkinson.org/blog/awareness/exercise-recommendations>
3. Bakhshayesh, B., Sayyar, S., & Daneshmandi, H. (2017). Pilates exercise and functional balance in parkinson's disease. *Caspian Journal of Neurological Sciences*, 3(8), 25–38. <https://doi.org/10.18869/acadpub.cjns.3.8.25>
4. Ban, M., Yue, X., Dou, P., & Zhang, P. (2021). The effects of yoga on patients with Parkinson's disease: A meta-analysis of randomized controlled trials. *Behavioural Neurology*, 1–11. <https://doi.org/10.1155/2021/5582488>
5. Bandura, A. (1986). *Social Foundations of Thought and Action*. doi:10.4135/9781446221129.n6.
6. Boulgarides, L. K., Barakatt, E., & Coleman-Salgado, B. (2014). Measuring the effect of an eight-week adaptive yoga program on the physical and psychological status of individuals with parkinson's disease. A pilot study. *International Journal of Yoga Therapy*, 24(1), 31–41. <https://doi.org/10.17761/ijyt.24.1.377526054663236k>
7. Cancela, J. M., Mollinedo Cardalda, I., Ayán, C., & de Oliveira, I. M. (2018). Feasibility and efficacy of Mat Pilates on people with mild-to-moderate parkinson's disease: A preliminary study. *Rejuvenation Research*, 21(2), 109–116. <https://doi.org/10.1089/rej.2017.1969>
8. Cherup, N. P., Strand, K. L., Lucchi, L., Wooten, S. V., Luca, C., & Signorile, J. F. (2020). Yoga meditation enhances proprioception and balance in individuals diagnosed with Parkinson's disease. *Perceptual and Motor Skills*, 128(1), 304–323. <https://doi.org/10.1177/0031512520945085>
9. Clinical Gate. (2015, June 13). Parkinson's disease. Basic Science. <https://clinicalgate.com/parkinsons-disease-8/>
10. Engel, G. (1977). The Need for a New Medical Model: A Challenge for Biomedicine*. *Family Systems Management*, 10(3).
11. Estrada-Bellmann, I., Meléndez-Flores, J. D., Cámara-Lemarroy, C. R., & Castillo-Torres, S. A. (2021). Determinants of self-efficacy in patients with parkinson's disease. *Arquivos de Neuro-Psiquiatria*, 79(8), 686–691. <https://doi.org/10.1590/0004-282x-anp-2020-0185>
12. Fasano, A., Canning, C. G., Hausdorff, J. M., Lord, S., & Rochester, L. (2017). Falls in parkinson's disease: A complex and evolving picture. *Movement Disorders*, 32(11), 1524–1536. <https://doi.org/10.1002/mds.27195>
13. Gallo, P. M., & Mendola, N. M. (2018). Exercise prescription recommendations for parkinson's disease. *Strength & Conditioning Journal*, 40(5), 126–133. <https://doi.org/10.1519/ssc.0000000000000415>
14. Gibson, G. (2017). What can the treatment of parkinson's disease learn from dementia care; applying a bio-psycho-social approach to parkinson's disease. *International Journal of Older People Nursing*, 12(4). <https://doi.org/10.1111/opn.12159>
15. Gonzalez-Latapi, P., Bayram, E., Litvan, I., & Marras, C. (2021). Cognitive impairment in parkinson's disease: Epidemiology, clinical profile, protective and risk factors. *Behavioral Sciences*, 11(5), 74. <https://doi.org/10.3390/bs11050074>
16. Hawkins, B. L., Van Puymbroeck, M., Walter, A., Sharp, J., Woshkolup, K., Urrea-Mendoza, E., Revilla, F., & Schmid, A. A. (2018). Perceived activities and participation outcomes of a yoga intervention for individuals with parkinson's disease: A mixed methods study. *International Journal of Yoga Therapy*, 28(1), 51–61. <https://doi.org/10.17761/2018-00018r2>
17. Heide, A., Speckens, A. E., Meinders, M. J., Rosenthal, L. S., Bloem, B. R., & Helmich, R. C. (2021). Stress and mindfulness in parkinson's disease – A survey in 5000 patients. *Npj Parkinson's Disease*, 7(1). <https://doi.org/10.1038/s41531-020-00152-9>
18. Hill, H. M., Swink, L. A., Atler, K. E., Anderson, A. K., Fling, B. W., & Schmid, A. A. (2020). Merging yoga and occupational therapy for parkinson's disease improves fatigue management and activity and participation measures. *British Journal of Occupational Therapy*, 84(4), 230–239. <https://doi.org/10.1177/0308022620909086>
19. Hubble, R. P., Naughton, G. A., Silburn, P. A., & Cole, M. H. (2014). Trunk muscle exercises as a means of improving postural stability in people with parkinson's disease: A protocol for a randomised controlled trial. *BMJ Open*, 4(12). <https://doi.org/10.1136/bmjopen-2014-006095>
20. James-Palmer, A. M., & Daneault, J.-F. (2022). Tele-Yoga for the management of parkinson disease: A safety and feasibility trial. *DIGITAL HEALTH*, 8, 205520762211193. <https://doi.org/10.1177/20552076221119327>
21. Jansa, J., & Aragon, A. (2015). Living with parkinson's and the emerging role of occupational therapy. *Parkinson's Disease*, 2015, 1–8. <https://doi.org/10.1155/2015/196303>
22. Jasti, N., Bhargav, H., Babu, H., & Nagarathna, R. (2020). Challenging case in clinical practice: Yoga therapy for parkinson's disease. *Alternative and Complementary Therapies*, 26(2), 57–60. <https://doi.org/10.1089/act.2020.29264.nja>
23. Justice, C., Cheung, C., & Samson-Burke, A. (2018). Development and evaluation of a yoga intervention program for parkinson's disease. *International Journal of Yoga Therapy*, 28(1), 113–122. <https://doi.org/10.17761/2018-00015r2>
24. Kakde, N., Metri, K. G., Varambally, S., Nagaratna, R., & Nagendra, H. R. (2017). Development and validation of a yoga module for parkinson disease. *Journal of Complementary and Integrative Medicine*, 14(3). <https://doi.org/10.1515/jcim-2015-0112>
25. Kipnis, D., Leung, S., Schreier, A. R., Kwei, K., Shah, H., & Quinn, L. (2024). An individualized yoga intervention for people with functional neurological disorder: Case series. *International Journal of Yoga Therapy*, 34(2024). <https://doi.org/10.17761/2024-d-23-00165>
26. Kwok, J. Y., Auyeung, M., Pang, S. Y., Ho, P. W., Yu, D. S., Fong, D. Y., Lin, C., Walker, R., Wong, S. Y., & Ho, R. T. (2023). A randomized controlled trial on the effects and acceptability of individual mindfulness techniques – meditation and yoga – on anxiety and depression in people with parkinson's disease: A study protocol. *BMC Complementary Medicine and Therapies*, 23(1). <https://doi.org/10.1186/s12906-023-04049-x>
27. Kwok, J. Y., Kwan, J. C., Auyeung, M., Mok, V. C., Lau, C. K., Choi, K. C., & Chan, H. Y. (2019). Effects of mindfulness yoga vs stretching and resistance training exercises on anxiety and depression for people with parkinson disease. *JAMA Neurology*, 76(7), 755. <https://doi.org/10.1001/jamaneurol.2019.0534>

28. Li, G., Huang, P., Tan, Y.-Y., & Chen, S.-D. (2024). Effect of long-term tai chi training on parkinson's disease: A 3.5-year follow-up cohort study. *Parkinsonism & Related Disorders*, 122, 106126. <https://doi.org/10.1016/j.parkreldis.2024.106126>
29. LSVT Global. (2024). LSVT BIG®: Physical and Occupational Therapy for Parkinson's Disease and Other Populations. Physical therapy for Parkinson's | LSVT BIG. <https://www.lsvtglobal.com/LSVTBIG#outcomesResearchSection>
30. Lyons, K. D. (2004). Self-management of parkinson's disease: Guidelines for program development and evaluation. *Physical & Occupational Therapy In Geriatrics*, 21(3), 17–31. https://doi.org/10.1300/j148v21n03_02
31. Mahler, L., Fox, C., & Ramig, L. (2015). Evidence-based treatment of voice and speech disorders in parkinson disease. *Current opinion in otolaryngology & head and neck surgery*. <https://pubmed.ncbi.nlm.nih.gov/25943966/>
32. Mailankody P, Varambally S, Thennarasu K, Pal PK. (2021). The rationale of yoga in parkinson's disease: A critical review. *Neurol India* 2021;69:1165-75.
33. Mundluru, S. N., Werbaneth, K., Therkelsen, K. E., Larson, A. R., & Santini, V. E. (2019). "But doctor, I googled it!": The "three rs" of managing patients in the age of information overload. *Clinics in Dermatology*, 37(1), 74–77. <https://doi.org/10.1016/j.clindermatol.2018.08.002>
34. Nancy Bain, L. D. I. (2021). Breathing! why focus on it. Breathing! Power for Parkinson's. <https://www.powerforparkinsons.org/blog/breathing-why-focus-on-it?format=amp>
35. Nhất Hạnh, Thích. (1987). *The miracle of mindfulness : a manual on meditation*. Boston Beacon Press. ISBN:9780807012390.
36. Parkinson's Foundation. (2023). A balancing act - freezing and fall prevention in parkinson's. <https://www.parkinson.org/blog/awareness/freezing-fall-prevention>
37. Parkinson's Foundation. (2022). Statistics. Understanding Parkinson's. <https://www.parkinson.org/understanding-parkinsons/statistics#:~:text=Incidence%20of%20Parkinson's%20in%20the,rate%20of%2060%2C000%20diagnoses%20annually>.
38. Perepezko, K., Hinkle, J. T., Shepard, M. D., Fischer, N., Broen, M. P. G., Leentjens, A. F. G., Gallo, J. J., & Pontone, G. M. (2019). Social role functioning in parkinson's disease: A mixed-methods systematic review. *International Journal of Geriatric Psychiatry*, 34(8), 1128–1138. <https://doi.org/10.1002/gps.5137>
39. Pundir, A., & Chauhan, A. (2023). Positive effects of 'aum' chanting on mental health well-being. *Traditional Medicine*, 4(2). <https://doi.org/10.35702/trad.10015>
40. Rajput, J. M., & Girase, J. M. (2022). A Comprehensive Review on Chanting of Sacred Sound "Om" (Aum) As a Healing Practice. *International Journal of Pharmaceutical Research and Applications*, 7(2), 1748–1753. <https://doi.org/10.35629/7781-070217481753>
41. Ramig, L. O., Countryman, S., Thompson, L. L., & Horii, Y. (1995). Comparison of two forms of intensive speech treatment for parkinson disease. *Journal of Speech, Language, and Hearing Research*, 38(6), 1232–1251. <https://doi.org/10.1044/jslr.3806.1232>
42. Roland, K. (2014). Applications of yoga in parkinson's disease: A systematic literature review. *Journal of Parkinsonism and Resless Legs Syndrome*, 1. <https://doi.org/10.2147/jprls.s40800>
43. Schreurs, K. M. G., Colland, V. T., Kuijer, R. G., de Ridder, D. T. D., & van Elderen, T. (2003). Development, content, and process evaluation of a short self-management intervention in patients with chronic diseases requiring self-care behaviours. *Patient Education and Counseling*, 51(2), 133–141. [https://doi.org/10.1016/s0738-3991\(02\)00197-0](https://doi.org/10.1016/s0738-3991(02)00197-0)
44. Seritan, A., Losif, A., Prakash, P., Wang, S., Eisendrath, S. (2022) Online mindfulness-based cognitive therapy for people with parkinson's disease and their caregivers: A pilot study. *Journal of Technology in Behavioral Science*, vol. 7, no. 3, 2, pp. 381–395, doi:10.1007/s41347-022-00261-7.
45. Shah, S. (2024). Yoga Philosophy: The 8 limbs of yoga and why they matter to your practice. Sri Sri School of Yoga. <https://srisrischoolofyoga.org/na/blog/8-limbs-of-yoga-ashtanga-yoga/https://srisrischoolofyoga.org/na/blog/8-limbs-of-yoga-ashtanga-yoga/>
46. Singh, R. L., Bush, E. J., Hidecker, M. J., Carrico, C. P., & Sundin, S. (2020). Considering health care needs in a rural parkinson disease community. *Progress in Community Health Partnerships: Research, Education, and Action*, 14(1), 1–1. <https://doi.org/10.1353/cpr.2020.0000>
47. Spindler, B. (2016). Yoga therapy and parkinson's disease. *Yoga International*. <https://yogainternational.com/article/view/yoga-therapy-and-parkinsons-disease/>
48. Stephens, M. (2014). *Yoga adjustments: Philosophy, principles, and Techniques*. North Atlantic Books.
49. Swink, L. A., Fling, B. W., Sharp, J. L., Fruhauf, C. A., Adler, K. E., & Schmid, A. A. (2020a). Merging yoga and occupational therapy for parkinson's disease: A feasibility and pilot program. *Occupational Therapy In Health Care*, 34(4), 351–372. <https://doi.org/10.1080/07380577.2020.1824302>
50. Swink, L. A., Fruhauf, C. A., Adler, K. E., Fling, B. W., Klinedinst, T. C., & Schmid, A. A. (2020b). Health-related quality of life changes after the merging yoga and occupational therapy for parkinson's disease program: A mixed-methods study. *Complementary Therapies in Clinical Practice*, 39, 101156. <https://doi.org/10.1016/j.ctcp.2020.101156>
51. Trail, M., Protas, E., & Lai, E. C. (2008). Neurorehabilitation in parkinson's disease: An evidence-based treatment model. SLACK Inc.
52. Van Puymbroeck, M., Walter, A., Hawkins, B. L., Sharp, J. L., Woschkolup, K., Urrea-Mendoza, E., Revilla, F., Adams, E. V., & Schmid, A. A. (2018). Functional improvements in parkinson's disease following a randomized trial of yoga. *Evidence-Based Complementary and Alternative Medicine*, 2018, 1–8. <https://doi.org/10.1155/2018/8516351>
53. Wade, D. T., & Halligan, P. W. (2017). The biopsychosocial model of illness: A model whose time has come. *Clinical Rehabilitation*, 31(8), 995–1004. <https://doi.org/10.1177/0269215517709890>
54. Wooten, S. V., Signorile, J. F., Desai, S. S., Paine, A. K., & Mooney, K. (2018). Yoga Meditation (yomed) and its effect on proprioception and balance function in elders who have fallen: A randomized control study. *Complementary Therapies in Medicine*, 36, 129–136. <https://doi.org/10.1016/j.ctim.2017.12.010>
55. World Health Organization. (2007). *WHO Global Report on Falls Prevention in Older Age*, World Health Organization (WHO).

© 2024 by
NICOLE LATIMER
All rights reserved

