**MOVEMENT CLASSES**

**FALL 2014**

10 Union Square East, New York, NY 10003

No fee for any class or group. Donations are gratefully accepted.

To register, call 212.844.6134 or email: BIMCMovDis@chpnet.org

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**BALANCE WORK**

**REDUCING YOUR RISK OF FALLS**

Instructor: Roberta Schine, CKYI

When: Mondays, 11am-12:15pm

- September 15, 22, & 29
- October 6, 13, 20, 27
- November 3, 10, 17 (no class November 24)
- December 1 & 8

Where: 2nd Floor, Conference Center, Room #1

Learn a routine of 12 easy, gentle yoga exercises designed to help improve balance and decrease your risk of falling. Includes suggestions on how to make your environment safer, strengthen your bones, choose proper footwear, deal with inclement weather and what to do if you fall.

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**MEDITATION**

**FOR STRESS REDUCTION**

Instructor: Roberta Schine, CKYI

When: Mondays, 12:30 - 1:00pm

- September 15, 22, & 29
- October 6, 13, 20, 27
- November 3, 10, 17 (no class November 24)
- December 1 & 8

Where: 2nd Floor, Conference Center, Room #1

An introduction to simple, easy-to-learn techniques such as Body Scan, Breath, Candle, Loving Kindness and Visualization to help you begin to relax, focus and reduce the stress that may accompany the diagnosis of a movement disorder.

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**T’AI CHI**

Instructor: Carolyn Perkins

When: Thursdays, 6:15 – 7:15pm

Where: 2nd Floor, Conference Center

T’ai Chi is a simple, yet highly effective movement routine that brings up the body’s vital energy. No special clothing is required.

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**CHAIR YOGA**

Instructor: Roberta Schine, CKYI

When: Tuesdays, 3:15 – 4:30pm

Where: 2nd Floor, Conference Center, Room #1

Join this gentle class designed to help people with Parkinson’s disease, dystonia, and other movement disorders. Emphasis is on flexibility, coordination, facial movement, voice, balance, and gait.

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**HAND YOGA FOR HAND TREMOR**

Instructor: Roberta Schine, CKYI

When: Following Thursdays, 3 - 4 pm

- September 4, October 2, November 6, December 4

Where: 5th Floor, Levy Conference Room (5K04)

One of the common places that a movement disorder may affect us is in the hands. You can manage the stress that is often focused on this area of the body. This workshop will provide simple exercises such as gentle stretches, strengthening exercises, a soothing hand massage and meditation. You’ll leave with a lesson plan to help you repeat the class at home.

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**VOICE YOGA**

Instructor: Roberta Schine, CKYI

When: Tuesdays, 5:00pm-6:00pm

- October 7, 14, 21, 28
- November 4, 11, 18 (No class November 25)
- December 2 & 9

Where: 5th Floor, Levy Conference Room (5K04)

Learn simple and fun yoga exercises to help you communicate better by strengthening your vocal cords, learning to articulate and speak louder.

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**EASY DOES IT = SAFE**

Instructor: Richard Sabel, OT

When: Following Fridays, 9:30-11:00 am

- September 12, 19, 26
- October 3, 10, 17, 24, 31
- November 7, 14, & 21

Where: 5th Floor, Levy Conference Room (5K04)

Easy Does It = SAFE (Strength, Awareness, Flexibility and Energy) is designed to cultivate mindfulness and present new possibilities for easy, comfortable movement. This program focuses on improving body awareness, promoting efficient breathing and coordination among muscles, energy conservation, and increasing the strength and flexibility of muscles.

The Easy Does It = SAFE program is composed of various movement therapies such as Yoga, Tai Chi, Qigong, and Feldenkrais, along with breath work and meditation, which can positively impact posture, balance and the performance of every-day-activities such as bathing, dressing and ambulation.

Movements are done in a chair or standing beside a chair. All the movements are done with minimal effort and performed slowly - hence the name Easy Does It.