



MIND, BODY, AND BREATH

Thursday, March 13, 2025

9:00 am - 10:00 am PST

ONLINE VIA ZOOM

Discover the transformative and healing powers of yoga therapy. This interactive class is designed specifically to support brain health and manage neuromuscular conditions such as Alzheimer's, Parkinson's, dementia, and other related disorders. This class blends practices and techniques to enhance cognitive function, self confidence, and foster a sense of calm and well-being.

Class Highlights:

- Strengthen the body, enhance mobility, and calm the mind
- Boost mental clarity and reduce stress
- Improve sleep
- Build self-confidence and feel joy filled
- Learn the benefits of Ayurveda, a lifestyle medicine

Who Should attend:

- Individuals with dementia or other cognitive challenges
- Caregivers welcome to attend for support

TO REGISTER:

<https://bit.ly/GE3132025>



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