

MOVEMENT CLASSES FALL 2021

Mount Sinai Beth Israel
10 Union Square East,
New York, NY 10003

All classes will be held virtually via Zoom.

No fee for any class or group

To register, call 212.844.8482 or email: joan.miravite@mountsinai.org



CHAIR YOGA

Strengthening and stretching exercises, balance, gait, voice-aerobics, face-aerobics, brain-aerobics and meditation... Just bring a chair!

Instructor: Roberta Schine, CKYI

When: Weekly, Tuesdays, 3:00 – 4:15pm

Zoom Meeting ID: [87590579325](#)

T'AI CHI

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

Instructor: Carolyn Perkins/Kenneth Gray

When: Thursdays, 6:15 – 7:15pm

Contact for Zoom details: Kenneth Gray (kennethgray200@gmail.com or 212-582-8203)

VOICE IN ACTION

Vocal Practice Group for Individuals with PD

Expand/develop your daily practice of voice strengthening exercises. Practice your skills via dramatic readings, poetry, humor, games, music, and role-playing activities to increase vocal volume/expression. Learn to use your more powerful and expressive voice during conversation with family, friends, and in the community.

Instructor: Karen Slotnick, MA CCC-SLP

When: Wednesdays, 2-3 PM

****REGISTRATION REQUIRED****

Please call 917-705-0998 or

email: Karen.slotnick@yahoo.com