MOVEMENT CLASSES
FALL 2020
Mount Sinai Beth Israel
10 Union Square East
New York, NY 10003
All classes are virtual.

No fee for any class or group
To register, call 212.844.8482 or email: joan.miravite@mountsinai.org

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: Weekly, Thursdays, 6:15 – 7:15pm
Where: Via Zoom
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
September 23, 30
October 7, 14, 21,28
November 4, 11, 18, 25
December 2, 9,16
Where: Via Zoom
***REGISTRATION REQUIRED***
Please call 917-705-0998 or email: Karen.slotnick@yahoo.com

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
Where: Via Zoom
Zoom Meeting link:
https://us02web.zoom.us/j/87590579325