

MOVEMENT CLASSES

FALL/WINTER 2018

Mount Sinai Downtown at Union Square
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:

joan.miravite@mountsinai.org

Beth Israel
Medical
Center

A Member of
Mount
Sinai



CENTER OF EXCELLENCE

BALANCE WORK

REDUCING YOUR RISK OF FALLS

Instructor: Roberta Schine, CKYI

When: **Mondays**, 1pm-2:15pm

September 24

October 1, 8, 15, 22 and 29

November 5, 12, 19 and 26

December 3, 19 and 17

Where: 2nd Floor, Conference Center, Room #1
Learn a routine of 12 gentle yoga exercises designed to help you improve balance and decrease your risk of falling. Includes suggestions on how to recover from a stumble, build strength and flexibility, improve gait, deal with a freeze, and more. If you are unable to walk independently you are required to bring a caregiver to assist you throughout the class.

MEDITATION

FOR STRESS REDUCTION

Instructor: Roberta Schine, CKYI

When: **Mondays**, 2:30 - 3:00pm

September 24

October 1, 8, 15, 22 and 29

November 5, 12, 19 and 26

December 3, 19 and 17

Where: 2nd Floor, Conference Center, Room #1
An introduction to easy-to-learn techniques such as Body Scan, Breath, Candle, Loving Kindness and Visualization to help you begin to relax and reduce the stress that may accompany the diagnosis of a movement disorder.

T'AI CHI

Instructor: Carolyn Perkins

When: Weekly, **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.

CHAIR YOGA

Instructor: Roberta Schine, CKYI

When: Weekly, **Tuesdays**, 3:15 - 4:30pm

September 11, 18 and 25

October 2, 9, 16, 23 and 30

November 6, 13, 20 and 27

December 4, 20 and 18

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

Join this gentle class designed for people with movement disorders. Learn lots of exercises all done either in a chair or standing. If you are unable to walk independently you are required to bring a caregiver to assist you throughout the class.

THE YOGA OF HANDWRITING

Instructor: Roberta Schine, CKYI

When: This class is scheduled to meet immediately after the ET Support Group

When: **Tuesdays**, 3 - 4 pm

September 4, October 2

November 6, December 4

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

This workshop will introduce gentle stretches, strengthening and handwriting exercises, a soothing hand massage and meditation to help you manage the stress and pain in your hands. You'll leave with a lesson plan to help you practice at home.

VOICE IN ACTION

Vocal Practice Group for Individuals with PD

Instructor: Karen Slotnick, MA CCC-SLP

When: **Wednesdays**, 2PM-3PM

September 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 21, 28

December 5, 12, 19

Where: 5th Floor,

Levy Conference Room (5K04)

*****REGISTRATION REQUIRED*****

Please call 917-705-0998 or

email: Karen.slotnick@yahoo.com

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.