



## Living with Parkinson's: Feldenkrais Can Make it Easier

The profound gentle movements of the **FELDENKRAIS Method**® can help you improve how you move and feel.

MindMoves offers workshops, classes, and private sessions specifically designed for people with Parkinson's.

### Typical outcomes:

- **Improve balance**
- **Relieve muscle pain**
- **Increase comfort in daily activities**
- **Feel safer and more in control**

**Private intro:** Schedule at your convenience

**Drop-in class:** Thursdays 1:30-2:30 pm

**Weekend workshops:** Saturdays 1:30-3:30

- **Rediscover Your Smile:** Nov 20
- **Speak and be Heard:** Dec 4
- **Improve Swallowing:** Dec 11

**Private sessions:** Work on your specific needs

*"If you have Parkinson's symptoms, I recommend trying breath work, yoga and biofeedback to help reduce stress... I particularly recommend ... the Feldenkrais method."*

Dr. Andrew Weil

### Why try Feldenkrais?

You'll find ways of removing restrictions you thought you had to live with. Walking, sitting, smiling, talking, swallowing, and getting in and out of bed and the car can feel safer and easier. Despite the ongoing challenges of Parkinson's, you'll feel the difference as you do favorite activities more comfortably. Replace frustration with satisfaction and pride in your progress. Participants often comment that they feel like they have a new self – new parts of themselves that they understand more clearly and can move more fluidly.

### Why is the FELDENKRAIS Method so effective?

The process involves engaging in simple movement sequences in a slow and gentle way while recognizing restrictive patterns and perceiving new possibilities. This engages our brain's neuroplasticity – our innate potential to continue to develop and improve throughout our lives.

Think of the joy on the face of a child who has just mastered a new skill like rolling over or standing up. Feldenkrais takes you back to that same type of sensory learning. It's how you learned as an infant and can continue to learn throughout your life.

### Why take a class or session from Irene Pasternack?

From her experience as a caregiver for a person with Parkinson's and as a Parkinson's support group leader, Irene is knowledgeable about the disease and coping strategies. As an experienced dance and movement teacher and as a *Guild Certified Feldenkrais Practitioner<sup>cm</sup>*, she delights in helping make moving easier and more pleasurable.

**Location** MindMoves FELDENKRAIS Institute  
1540 140<sup>th</sup> Ave NE, Suite 100 Bellevue 98005

**Cost** Workshops: \$30 each; or \$25 each when you sign up with a friend  
Classes: \$20 each, or 5 for \$90  
Private intro: \$20  
Private 1 hour session: \$80

For more information, call **Irene Pasternack**, at 425-278-2220 X 46. or visit [www.MindMoves.com](http://www.MindMoves.com)