



# YOGA TEACHER Workshop on Whidbey Island

Learn how to work with students with  
Parkinson's & other movement disorders

September 15 & 16, 2018 10am—4pm

*Lotus Tea Bar & Studio 710 SE Fidalgo Ave., Oak Harbor, WA*

- **Gain an Understanding**

of the symptoms, treatment and management of the disease  
to better understand the students behind those symptoms

- **Discover Specialized Approaches**  
to asana and pranayama designed especially  
for people with movement disorders

- **Acquire Methods**

for modifying and adapting to a variety of levels

- **Practice Hands-on Sequences**  
with a yogi with Parkinson's & with fellow teachers

- **Expand**

your abilities (and your client list)  
to benefit students with movement disorders

- **About the Presenters**

**Renee Le Verrier**, E-RYT, is the author of *Yoga for Movement Disorders* (winner of the Eric Hoffer Health book award). She has taught and presented throughout the U.S. & Canada, including the World Parkinson Congress and the American Parkinson Disease Association. A stroke survivor and person living with Parkinson's, Renee teaches a weekly online class sponsored by the Northwest Parkinson's Foundation. Her yoga blog has been named Best of the Web by Healthline.

**Maria McGee**, CYT, owner of Lotus Tea Bar & Studio, believes in yoga for every body. She is certified in teaching senior yoga, kid's yoga and prenatal yoga and has trained in anatomy & alignment, therapeutic yoga and yoga for Parkinson's. Maria weekly and bi-weekly classes include Fitness through Yoga, Gentle Yoga and Chair Yoga.

\$155 before July 15  
\$175 after July 15

Includes workshop,  
book, lunch &  
refreshments

To register,  
call  
360-240-8888