Kripalu

Kripalu healthy living programs

NATIONAL PARKINSON FOUNDATION

June 10–14, 2013

A Wellness Retreat for People Living with Parkinson's and Their Care Partners

mon	5:30–7:00 pm	Dinner	
	7:00–7:30	Kripalu Welcome Orientation *Michelle Dalbec*	Sunset Room
	7:30–9:00	Program Opening Session *Joyce Oberdorf*, *Aruni Futuronsky and Maria Sirois PsyD*	Sunset Room
tue	6:30–7:45 am	Kripalu Yoga Classes	
	7:00–8:30	Breakfast	
	9:00–11:00	PD 201–What You Need to Know *David Houghton MD*	Sunset Room
	11:00–12:00	The Wisdom of Yoga *Stephen Cope*	
	12:00–1:30 pm	Lunch	
	1:30–2:30	Parkinson's and Relationships *Susan Imke*	Sunset Room
	2:30–3:30	Share Groups *Maria, Aruni, and Susan*	Sunset Room
	4:30–5:45	Beginner Yoga *Megha Nancy Buttenheim*	Sunset Room
	6:00–7:30	Dinner	
	7:30–8:30	Group Social—Desert and Tea	Sunset Room
wed	6:30–7:45 am	Kripalu Yoga Classes	
	7:00–8:30	Breakfast	
	9:00–10:30	Benefits of Exercise *David Houghton MD*	Sunset Room
	10:30–11:30	Resilience *Maria Sirois PsyD*	
	11:30–12:30	*Let Your Yoga Dance*® for Parkinson's *Megha Nancy Buttenheim*	Sunset Room
	12:30–1:30 pm	Lunch	
	1:30–3:00	Nutrition *Mel Soto's MS RD LDN*	
	3:00–4:00	Share Groups *Maria, Aruni, and Susan*	Sunset Room
	5:30–7:00	Dinner	
	7:30–8:30	Cooking Demo Chef *Jeremy Smith*	Lakeview Room
thu	6:30–7:45 am	Kripalu Yoga Classes	
	7:00–8:30	Breakfast	
	9:00–10:30	Tai Chi *Ruth Innes*	Sunset Room
	11:00–12:00 pm	*Let Your Yoga Dance*® for Parkinson's *Megha Nancy Buttenheim*	Sunset Room
	12:00–1:30	Lunch	
	2:00–3:30	*Share Groups Maria, Aruni, and Susan*	Sunset Room
	4:15–5:45	Kripalu Yoga Classes	
	5:30–7:00	Dinner	
	7:30–9:00	Yoga Nidra *Michelle Dalbec*	Sunset Room
fri	6:30–7:45 am	Kripalu Yoga Classes	
	7:00–8:30	Breakfast	
	9:00–10:00	Tai Chi *Ruth Innes*	Sunset Room
	10:00–11:30	Healthy Living in the Years Ahead *Aruni and Maria Sirois*	Sunset Room
	11:30–1:30 pm	Lunch/Noon Dance	Sunset Room

Check information boards for daily yoga classes and midday activities. Please note: schedule subject to change.

Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.

recycled/recyclable

Kripalu center for yoga & health