

Why Yoga for PD?

As you know if you are a member of PD Active, one of the most important things you can do as a person with Parkinson's is move. Regularly.

Yoga works particularly well for people with Parkinson's. Yoga practice can help improve balance, flexibility, and strength through gentle movement. With a focus on the breath and awareness of how we feel, yoga can reduce stress, help settle the nervous system, and boost mood. You don't have to be flexible or "good at yoga." You just need to show up.

I often hear my students say they feel better when practice is over than they did when it started. I encourage students to show up as they are and do what they can. If you haven't taken a yoga class with me yet, or if it's been a while since you came, I encourage you to join us this fall. I think you'll be glad you did.

There is an ongoing class every Wednesday from 1–2:15 pm, livestream. Email me for the link: yogavickie@gmail.com

In addition to the Wednesday class this fall:

Living Well with PD: Healthy Hips & Lower Back Monday, October 5–November 2, 2026 (5 weeks)

If we want more ease in our backs, better posture, or more fluid movement, it starts with the pelvis. When the pelvis is supported and aligned, the rest of the body has a better chance of feeling balanced.

This 5-week series offers breath-based, therapeutic yoga to support your hips and lower back, two areas that affect everything from walking and standing to restful sleep. We'll explore gentle strength-building, increased mobility, and postural awareness in a steady, supportive environment.

Each class is self-contained, yet part of a progressive arc. Join live or via recording. Come when you can. Whether you attend one class or many, you'll leave with simple tools to support your body and your day.

People with Parkinson's can participate by donation to PD Active, which supports this series.

If your hips or low back have been calling for attention, this series is for you.