



# PDActive

By and For People with Parkinson's Disease

## ACTIVITY BLOCK CLASS PROGRAM

**WHEN** Fridays (beginning March 6, 2020)

**WHERE** The Yoga Room • 2530 San Pablo Ave, Berkeley

PD Active announces the launch of its new Activity Block of Classes (ABC) Program for people with Parkinson's Disease, their friends and care partners.

### ATTEND ANY 1, 2, 3 OR ALL OF THE CLASSES. IT'S YOUR CHOICE!

- 12:00 pm–12:55 pm - Tai Chi with Otto Dittmer
- 1:00 pm–1:50 pm - Be Heard! Voice for Parkinson's with KT Warren
- 2:00 pm–3:00 pm - PWR! Circuit and Gait/Agility Training with Petra Fibrichova
- 3:10 pm–3:50 pm - Drum Circle with Jeffrey Alphonsus Mooney

**COST\*** \$10 per class or \$30 for all 4 classes

*\*No one turned away for lack of funds*

### ABOUT THE PROGRAM

The ABC Program consists of a block of activities of up to 4 hours on a single day at The Yoga Room every Friday. Participants may attend any or all of the classes.

The ABC Program is designed to provide activities in a format that will encourage all people with Parkinson's to participate. By combining different modalities, a person with PD can get the maximum benefits of these unique approaches to control symptoms and perhaps even slow disease progression.

With oversight from the instructors, the activities are adaptable to each person's individual fitness levels.

For more information contact Adam: [programs@pdactive.org](mailto:programs@pdactive.org) or (510) 542-4609

## ABOUT THE CLASSES

**Tai Chi**, taught by Otto Dittmer, is a mind-body, low-impact movement practice that has been shown to reduce balance impairments in people with Parkinson's with additional benefits of improved functional capacity and reduced falls. Research from Harvard Medical School also supports the long-standing claims that Tai Chi has a beneficial impact on the health of the heart, bones, nerves, muscles, immune system, and the mind.

**Be Heard! Voice for Parkinson's**, taught by KT Warren, is like a vocal yoga class. Using a blend of vocal and physical exercises based in theater work, qi gong, yoga and music, Be Heard! weaves a meditative flow to encourage participants to be fully present. The classes are lively, reflective, and always contain laughter. Participants energize their voice and develop real-world tools that can be brought outside the classroom, benefiting everyday life and finding joy along the way.

**PWR! Stations** and **Gait/Agility Training**, taught by Petra Fibrichova, is based on the Parkinson's Wellness Recovery program, a functional research-based exercise program developed for people affected by Parkinson's (<https://www.pwr4life.org>). The class starts with a vigorous session of seated and standing PWR!Moves® and continues with a rotation through PWR! Stations focused on strength and mobility, rhythmic movement, and gait/agility training aimed at fall prevention and balance.

**Drumming Circle**, led by Jeffrey Mooney, brings together music, vibration, rhythm and communal energy. The drumming session is a meditative, restorative and energetic way to end the afternoon. No musical experience or training is necessary. Drums will be provided. Drumming helps to generate relaxation and reduce stress. Research has shown that drum circle classes can significantly improve quality of life in people with PD.

## ABOUT THE INSTRUCTORS

**Petra Fibrichova** is a Certified Yoga Therapist and PWR!Moves Instructor. Petra has been leading PWR!Moves classes at The Yoga Room and other venues in the Bay Area.

**Otto Dittmer** is a teacher of integral Tai Chi, qigong, and yoga, in group settings and private settings. Otto has worked with people of all ages and ability levels (including people with Parkinson's) in Senior Living Communities, Fitness Centers, Yoga Studios, in people's homes and in his private studio.

**Kaitie Ty Warren** is a certified yoga instructor and community choir leader. She has led several voice and yoga programs for people with Parkinson's. KT developed the Be Heard! Voice for Parkinson's program based on her work with individuals and groups of people with Parkinson's.

**Jeffrey Mooney** has been facilitating drumming classes and meditative sound healing events for over 25 years. He leads participants on rhythmic journeys to foster connections and celebratory spirit.