

FREE 8-WEEK SESSION

**MEDITATION
& RHYTHM YOGA
FOR PD**

WITH
DR. IRENE RIMER

**Soul DANCE
Temple**

At Towles Plaza

2705 Tamiami Trail.
Ste. 314

Punta Gorda

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March 11, 2020

RSVP!



About 1.5 million Americans have been diagnosed with Parkinson's disease (PD), a chronic illness both progressive in nature and without a cure.

This 50-minutes class will promote daily meditation and a specialized system of adaptive rhythm yoga movements "grounded in real life" in a loving atmosphere.

The workshop will aim at creating the habit of meditation by which all of us can connect to our primal source, and at stimulating neuro pathways for those affected by PD and other movement disorders by increasing knowledge of metaphysical forces, and promoting awareness of movement, choice in action, and a mind/body connection.

The class will be conducted by Dr. Irene Rimer, a philosopher and metaphysical counselor, with 30 years of experience teaching dance and rhythm percussion.

**Wednesdays 5 to 5:50 PM
March 11 to April 29**

**Please RSVP, or have a family
member email
info@irenerimer.com**

or call 941-347-7280

**Our mission is a strong and
collected mind, a loving heart,
and a healthy body**