



LIVING WELL WITH PARKINSON'S

Summer 2021

Yoga for Parkinson's Disease

By Danielle Kipnis, MA, CYT-200, ACSM-CPT

What is Yoga?

Yoga is a mind-body practice that combines physical movements and postures (asana), breath control (pranayama), and mindfulness meditation. What sets yoga apart from typical exercise modalities is its combination of physical movement with mindfulness training and somatic awareness. During a yoga class a person moves through a series of postures and breathing exercises while cultivating non-judgmental awareness. In this way, people who practice yoga may experience increased body awareness, mindfulness in everyday tasks, and strengthened relationships with others and oneself. Yoga helps individuals gain strength, flexibility, and neuromotor control (such as balance) which are important components of recommended exercise programs for people with PD.

How Might Yoga Benefit People with PD?

The merging of the body and mind may have additive effects and yoga has been shown to positively impact motor and non-motor symptoms for people with PD. Several studies have reported that yoga practice can affect stability, bradykinesia, rigidity, muscle strength, reduce tremor, and decrease UPDRS scores for people with PD. These functional benefits are often accompanied by decreased depression, increased quality of life, and, in some cases, improved participation in work, leisure, and community activities⁴.



How Can I Begin to Practice Yoga?

Yoga can be a wonderful compliment to physical therapy, occupational therapy, or speech therapy. Depending on PD severity and comfort levels, people with PD can find group yoga classes or one-on-one sessions with a certified yoga instructor. You can find free classes specifically designed for people with PD on The Parkinson Foundation website (parkinson.org). A google search for local "Yoga for Parkinson's Disease" classes will also yield many results. Talk to your doctor or therapist about recommendations for yoga instructors if you are interested in private sessions.

¹ Hill et al., "Merging Yoga and Occupational Therapy for Parkinson's Disease Improves Fatigue Management and Activity and Participation Measures."

² Gallo and Mendola, "Exercise Prescription Recommendations for Parkinson's Disease."

³ Roland, "Applications of Yoga in Parkinson's Disease."



PD Patient Support Group

Meets the last Tuesday of every month. For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

Caregiver Support Group

Meets the first Wednesday of every month. For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.

Deep Brain Stimulation (DBS) Information Sessions

First Friday of every month, 3:00PM-4:00PM. To register for the next session, please contact Elizabeth Delaney, LMSW at 212-305-5779.

Parkinson's Revolution

June 12, 2021

Participate virtually, or in-person, for stationary cycling to help raise awareness of Parkinson's disease! For more info click [here](#) Ride with team Columbia, join the team by clicking [here](#) The in-person ride will start at 11:00AM.



If any questions, contact Elizabeth at 212-305-5779.



Center Spotlight! : Clinical Trial for Early-Stage PD

What is this study about?

The aim of this study is to determine the safety, tolerability, and efficacy of NLY01 administered subcutaneously, as compared to placebo in patients with early-stage Parkinson’s disease (PD).

What is involved?

Total study duration per subject will be approximately 1 year. This includes 12 weeks of screening period, 36 weeks of treatment period, and 8 weeks of follow up.

Who is the Study Sponsor?

Neuraly, Inc.

Who can participate?

An individual may be able to take part in the trial if he or she:

- Has been diagnosed with PD in the last 5 years
- Ages 30 to 80 years old at time of consenting
- Hoehn and Yahr (H and Y) stage 2 or lower at baseline
- Is not on any dopaminergic treatment for Parkinson’s Disease
- Does not have a diagnosis of Type I or II Diabetes

For more information, contact:

Natasha Desai (coordinator)

Phone: (212)-305-3938

E-mail: nd2528@cumc.columbia.edu

**Division of
Movement Disorders**
Columbia University
Irving Medical Center
710 West 168th Street
New York, NY 10032
212-305-1303
[www.columbianeurology.org/
patient-care/movement-
disorders](http://www.columbianeurology.org/patient-care/movement-disorders)

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Wish to Donate?...

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matt Reals, Senior Director of Development, at **212-304-7203** or mr3134@columbia.edu

New Groups and Sessions!

Cognitive Remediation Group

Starting August

A cognitive skills and rehabilitation group focused on enhancing the lives of those with Parkinson's and Mild Cognitive Impairment. Groups will consist of 8 members and meet once a week for 8 weeks. Wednesdays at 3:00PM. For more information, or if you are interested, please contact Elizabeth Delaney, LMSW at 212-305-5779 or ead2179@cumc.columbia.edu

Long Term PD Support Group

TBD Start Date

We are trying to gauge interest in the idea of a long term PD Support group. The group would be for those who have long standing PD (15+ years), particularly those diagnosed early onset who are now 15+ years into diagnosis. If this is something you'd be interested in, please contact Elizabeth Delaney, LMSW at ead2179@cumc.columbia.edu

Active Movers PD Support Group

TBD Start Date

Are you early on in your PD journey, still working, young onset, have young children? We are trying to gauge interest for a support group for early staged and very active PD patients. If this is something you'd be interested in, please contact Elizabeth Delaney, LMSW at ead2179@cumc.columbia.edu

If you have a question regarding Parkinson’s and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at movementdisorders@columbia.edu

The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice concerning legal, medical, or other matters published in connection with this article.

“Don’t count the days, make the days count.”

-Muhammad Ali, diagnosed with PD in 1984