

Parkinson's UK Edinburgh Branch

Pilates for Parkinson's

With Neurophysiotherapist and Pilates Instructor,

Sasha Baggaley



2017 Summer Term

These sessions, organised by Parkinson's UK Edinburgh Branch, are for people with Parkinson's and are **free**. Carers are welcome to attend.

MONDAYS, 2.45 – 3.45pm AND 4.00 – 5.00pm, Christchurch Morningside, 6a Morningside Road, EH10 4DD, booked in 6-week blocks: next is 10th July to 14th August via *Eventbrite.co.uk*

FRIDAYS, 2 – 3pm in the Conservatory at Pollock Pavilion, 227 Ferry Road, EH6 4SP, on a first come basis, no classes 7th, 14th July, 18th August

Pilates is about core stability. With regular attendance, as your core strength develops so will stability throughout your entire torso, which can help with some of the mobility and postural issues of Parkinson's. It also works to promote flexibility and increased range of motion for the joints. By helping reduce the effort placed on the body during everyday activities it can also help lower fatigue levels. The class begins seated then moves to mat work. Where necessary, exercises are adapted for the individual.

To find out more, please contact Sasha on 0131 620 3780 (do leave a message if she is out).

www.edinburghparkinsons.org