

Renewal Room

A place to get the blood moving, the space will offer a variety of classes to move the body, voice, and mind. Participate daily in a wide range of classes, including yoga, tai chi, walking, dance, drumming, vocal training, boxing, and more!

	Monday, May 25	Tuesday, May 26	Wednesday, May 27
8 AM – 9 AM	PWR!UP your Day with PWR!Moves® and Urban Poling with Becky Farley	Deconstructing Dancing with Parkinson's for PwP with Sarah Robichaud	Make FUNction Exercise with Jennifer Bazan-Wigle
9:00 AM – 11:15 AM	Plenary & Awards	Plenary & Awards	Plenary & Awards
11:15 AM – 12:15 PM	Have Fun with Tango! with Debora Polisky	Go BIG, Get LOUD: Amplify Your Parkinson's Power with Cynthia Fox	Power for Parkinson's Move & Shout® with Lauren Lewis
12:30 PM – 1:30 PM	Rock Steady Boxing Adapted Training Session with Chris Timberlake	Brain / Body Games with Sarah Palmer	We are Rebel Fighters and We are Kickin It! with Kimberly Berg
1:45 PM – 2:45 PM	Dance for PD® - 25 Years in Motion with David Leventhal	Rock Steady Boxing - "Fighting Back" Against PD with Nikkel Nielsen	This Is Your Brain On Drums with Judi Spencer & Jim Boneau
3:00 PM – 4:00 PM	SPEAK OUT!® and Sing-Along LIVE with Sarah Diesing & Jeanie Adamson	Rhythmic Flow Taiko with Vivan Lee, Galen Rogers & Mayna Tyrell	Moving the CHI with PD/Tranquilidad de Espíritu with Julie Worden
4:15 PM – 5:15 PM	Relax and Recharge with Yoga4Parkinson and YogaReach with Dominique Prins-König & Char Grossman	Yoga + Chi Gong: Meditation in Motion for Parkinson's with Whitney Chapman	