

# MOVEMENT CLASSES SPRING 2024

Mount Sinai Beth Israel, 10 Union Square East, New York, NY 10003  
All classes will be held virtually via Zoom. No fee for any class or group

To register email: [joan.miravite@mountsinai.org](mailto:joan.miravite@mountsinai.org)



## CHAIR YOGA

*Strengthening and stretching exercises, balance, gait, voice-aerobics, face-aerobics, brain-aerobics and meditation... Just bring a chair!*

**Instructor: Roberta Schine, CKYI**

**When: Weekly, Tuesdays, 3:00 – 4:15pm**

Zoom Meeting ID: 875 905 79325

## T'AI CHI

*T'ai Chi is a simple, yet highly effective movement routine that improves balance, flexibility and cognitive function. No special clothing is required.*

**Instructor: Kenneth Gray/Carolyn Perkins**

**When: Thursdays, 6:15 – 7:15pm**

Zoom Meeting ID: 472 880 6429

Password: kengong

## VOICE IN ACTION

### **Vocal Practice Group for Individuals with PD**

*Expand/develop your daily practice of voice strengthening exercises. Practice your skills via dramatic readings, poetry, humor, games, music, and role-playing activities to increase vocal volume/expression. Learn to use your more powerful and expressive voice during conversation with family, friends, and in the community.*

**Instructor: Karen Slotnick, MA CCC-SLP**

**When: Wednesdays, 2-3 PM**

**\*\*REGISTRATION REQUIRED\*\***

Please call 917-705-0998 or

email: [Karen.slotnick@yahoo.com](mailto:Karen.slotnick@yahoo.com)