

# Breath, Sound, & Meditation

## Evidence-Based Meditation Workshops for Parkinson's Disease



Sadhguru Center for a Conscious Planet (SCCP), a multidisciplinary research center at BIDMC, offers a FREE Yoga & Meditation webinar. This program teaches evidence-based yogic breathing, sound and meditative practices to individuals with Parkinson's Disease. The practices are **simple, safe, and geared to support mental health.**

### Program Components

- Free live 75-minute webinars
- Offered at various times throughout the week
- Does not require prior experience
- Includes modifications for physical limitations
- Digital resources offered as support

### Benefits

- Reduce stress and anxiety
- Enhance mental health
- Balance body and mind

### Patient Experience

"These practices are a gift... They leave me hopeful for my future and lead me to a more capable and productive life despite the limitations of Parkinson's."

[Register](#)



This study is being conducted by Dr. Balachundhar Subramaniam in collaboration with Dr. David Simon. It has been approved by the Institutional Review Board at Beth Israel Deaconess Medical Center.

Beth Israel Lahey Health   
Beth Israel Deaconess Medical Center