

# Balanced Rhythm Studio



## A NEW STUDIO FOR PEOPLE LIVING WITH PARKINSON'S!

BRS is a San Diego wellness studio focused on people living with Parkinson's and their families! We offer free classes from our two core programs; a tempo-based exercise program, and a yoga program. Our goal is to help you combat rigidity, improve concentration and coordination, and help you continue moving!

### OUR PROGRAMS:

#### SOUND BODY

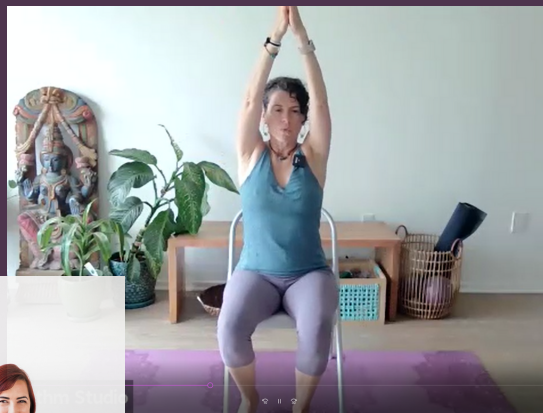


This tempo-based exercise program uses body percussion to get the heart rate up, while strengthening the connection between mind and body. A style of exercise that has been shown to help with control with movement and muscular strength.

#### SILVER FLOW YOGA



Our certified yoga instructor leads classes designed to expand range of motion, increase flexibility and balance, and help with mindfulness and finding a peaceful emotional center.



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