



MINDFULMOVEMENT4ALLZ FOR PERSONS WITH DEMENTIA: A TEACHER TRAINING PROGRAM

MAY 9, 2019

WHAT & WHY OF MM4ALLZ

What is MM4Allz & Yoga Roots/Founders
Importance of Teaching This
Population/Difference in Teaching to Those With
Cognitive Impairment
Emerging Interest in Alternative Dementia
Treatments
Benefits of MM4Allz: Body, Brain, Emotion

MM4ALLZ TECHNIQUES

Recognizing the Student as a Unique
“Individual”
The Importance of “Sangha” (Group)
Neuroplasticity-Engaging Both Sides of the
Brain
Reminiscence Therapy
Caregiver Application of MM4Allz

MM4ALLZ

PRACTICUM/DEMONSTRATION

Breathwork
Joint Mobilization Series
Memory Strengthening & Fluidity –
Neuroplasticity
Strength & Balance

EVIDENCE-BASED RESEARCH

UCLA Semel Institute For Neuroscience-5/2018
To Reduce Pre-Alzheimer’s Cognitive Impairment Get To The
Yoga Mat
Study Published in the Nurses Journal-2014
Measured Effects of Chair Yoga For Moderate to Severe
Dementia-9 Adults/8 Weeks
Need For Evidence-Based Review Around Yoga and It’s
Possible Benefits to Those With Dementia

MM4ALLZ FUTURE RESEARCH

Academic Partners-USC rolled-out March
2019
Where the Yoga World and Academia Meet in
Research-IAYT (Intl. Assoc. of Yoga Therapists)
Meeting the challenges of Data Collection

MM4ALLZ IN THE COMMUNITY

Bay Area Community Services Respite
Day Program

Northern CA Alz. Assoc. /Early Stage
Program-8 Week Sessions Over Course of
One Year

Jewish Senior Community-Reutlinger

HOW TO OBTAIN MM4ALLZ TRAINING

On Location-Email us at:

info@mindfulmovement4alz.com

Online Training-Coming Summer 2019

Website: mindfulmovement4alz.com