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

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

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

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 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