This specialised weekend retreat has been designed to assist people living with Parkinson’s disease find a greater quality of life through Yoga, meditation, and other lifestyle interventions that have been proven to improve condition, and delay the deterioration associated with Parkinson’s.

The teachings at this retreat are based on the clinical experience and successes of neurologist and movement disorder specialist, Associate Professor Sanjay Raghav, and his Parkinson’s-specific yoga program, which he has been running with impressive results since 2014.

Gain the practical knowledge and receive expert guidance with implementing these practices into your life, so you can better manage your condition, and make a positive impact on your health and wellbeing.

This retreat is open to people with Parkinson’s disease, Parkinson’s syndrome and Huntington’s disease, who have a fair degree of mobility (light to moderately effected). Attendees must be able to manage their own personal care and mobility. Yoga and movement form a significant portion of this retreat. Attending with a support person is encouraged, where possible.
Investment starts from $650 per person (including GST), depending on your choice of accommodation.

Investment covers all elements of the program, including delicious organic plant-based wholefood meals, snacks, freshly squeezed juices and herbal teas. Optional extras include transport, massage therapies and purchases from our resource centre.

Call our friendly client services team on 1300 651 211, or email clientservices@gawler.org to register your interest today.

Sanjay is a Senior Consultant Neurologist and movement disorder specialist at Monash Medical Centre and Frankston Hospital, and has been the Director at Dandenong Neurology since 2007. He is an Associate Professor at RMIT, a senior lecturer at Monash University, and the visiting professor for the division of “Yoga & Life Sciences” with the S-VYASA Yoga University in Bangalore, India. Sanjay has a keen interest in holistic living and is proactive in teaching his patients and students how to enrich their lives through an integrative approach to health and wellbeing.

A/Prof Sanjay Raghav
MBBS, MD, DM, FRACP
Certified Level 2 Yoga Teacher