



San Jose Taiko

# Parkinson's Recreational Class



**Tuesdays, February 5 - March 26 (8 classes)  
10:00 AM - 11:30 AM**

San Jose Taiko Studio  
150 South Montgomery Street  
San Jose, CA 95110

Taiko is a fun, cultural activity that helps improve physical activity, stress management, cognitive engagement, and social support. This class was designed by Performing Members of San Jose Taiko and Sydney Shiroyama, consulting Occupational Therapist, to address the needs of individuals with Parkinson's Disease. The class will cover taiko history and etiquette, San Jose Taiko's philosophy, and basic playing techniques, which emphasize large amplitude movements, full extensions, trunk rotation, and using a loud voice. Caregivers or family members are welcome to sign up and participate as well. No experience necessary, and appropriate accommodations will be provided for those who need it. Fee \$200 (online registration fees may apply).

**To register: 408-293-9344 or [www.taiko.org/calendar](http://www.taiko.org/calendar)**

