



**Mareike Schwed:** Embodiment for Parkinson's with the 'Neuroprotective Exercise Protocol' (NEP)



Mareike Schwed is the founder of the Neurowerkstatt training center in Germany and developed the 'Neuroprotective Exercise Protocol' for people with Parkinson's Disease and Multiple Sclerosis. Learn about exercise protocols designed to improve symptoms of Parkinson's disease and how to implement them.

**TOP EMBODIMENT TIP:** Neuroprotection through intensity and variability. Awareness through experiential practice. Resilience through holistic reflection. Empowerment through education and movement.

Neuroprotection & Exercise With Parkinson's: Neuroplasticity

- The capacity of the central nervous system to adapt itself in response to internal and external stimuli.
- **The way other neurons alter their structure and function to cope with their environment.**
- The physiological effects of exercise may impact a number of plasticity-related events in the Parkinson's Disease brain including synaptogenesis, angiogenesis and neurogenesis.

High Intensity Training:

- Results of studies using HIT on a treadmill suggests that **exercise can lead to neuroplasticity** in dopaminergic signaling and contribute to improved task-specific functionality in the early stages of Parkinson's Disease.

Neuroprotective Exercise Protocol (NEP):

- Empowerment.
- Health literacy.
- **Motivational and volitional strategies.**
- Self-efficacy.
- Action strategies for exercise.

Performing the Exercise Protocol: Key Points to Remember When Performing the Exercises

- Change up the exercise with each lap.
- The exercises cannot be too easy - you have to challenge yourself and get out of your comfort zone.
- **The brain cannot adapt in the comfort zone.**

Resources

- ❖ **Courses:** Online Education Course: Moving Parkinson Motivated. (Currently available in German only).
- ❖ **Website:** [neurowerkstatt.de](http://neurowerkstatt.de)
- ❖ **Email:** [info@neurowerkstatt.de](mailto:info@neurowerkstatt.de)
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## Mereike Schwed





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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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