Yoga and Meditation Classes  Fall 2014
classes held in upstairs studio of Mathews Fitness Center, Wesleyan College

The body is the foundation and vehicle of our spiritual growth. It is the most sacred place of pilgrimage that we will ever know. In these classes we are exploring classical yoga disciplines along with meditation, movement, and breathing practices from various traditions and perspectives. Each session is a forum for deepening realization and joy.

Tuesdays        10:30-11:45am
Tuesdays         5:30-6:45pm  September 09 - October 21    7 weeks  $90
November 11 - December 16   6 weeks  $78
Wednesdays      7-8:15pm     September 10 - October 22   7 weeks  $90
Nov 05 - Dec 17  (skip Nov 26)  6 weeks  $78
Thursdays     10:30-11:45am     September 11 - October 23   7 weeks  $90
Nov 06 - Dec 18  (skip Nov 27)  6 weeks  $78

Single Class: $15. Drop-ins are always welcome.

Private Sessions: 1-4 Participants. $80.
A private session gives you an opportunity to explore your specific interests or concerns. It may include dialogue, practices of meditation and the breath, and any number of movement therapy modalities. My personal practice and training include decades of deep exploration in numerous lineages of yoga, meditation and prayer; 20 years of neurodevelopmental facilitation and education with a variety of populations including infants, stroke and Parkinson's diagnosis; six years of study with Bonnie Bainbridge Cohen in Amherst, Massachusetts; and graduate studies in somatic psychology at the Naropa Institute in Boulder, Colorado. Additionally, my training for service includes an M.A. degree in Theology; ordination as a minister; and various certifications in massage and energy body healing. Many thanks and blessings for your continued support for work that is my passion and great love.

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