Yoga and Meditation Classes  Spring 2016

classes held in upstairs studio of Mathews Athletic 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.

Mondays  6:30-7:45pm         January 11 - February 22
           February 29 - April 11
           April 18 - May 30
Tuesdays  10:30-11:45am       January 05 - February 16
           and                         February 23 - April 05
           April 12 - May 24
Tuesdays  5:30-6:45pm         April 14 - May 26
Thursdays 10:30-11:45am       January 07 - February 18
           February 25 - April 07
           April 14 - May 26

7 Class Session $90.   Single Class $15.   Drop-ins are always welcome.

Private Sessions $60  3 for $165 prepaid.

A private session gives you an opportunity to explore your specific interests or concerns. It may include practices of meditation, the breath, and any number of movement therapy or energy healing modalities. My personal practice and training include 35 years of deep exploration in numerous lineages of yoga, meditation and prayer; 25 years of neurodevelopmental facilitation and education with a variety of populations including infants, stroke, MS, 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, energy body healing, and botanical medicine. With deep appreciation for your continued support for work that is my passion and great love.

Molly M. Martin, M.A., Registered Movement Therapist
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Deepening Our Practices

These classes will include expanded explorations of yoga asana, pranayama, and meditation in combination with Energy Medicine Self Care.

Sunday Series
Mathews Athletic Center  4-5:15pm
January 17 - 31
February 21 - March 06
April 03 - 17

Monday Series
Mathews Athletic Center  10:30-11:45am
January 18 - February 01
February 22 - March 07
April 04 - 18

$45 for each three class session.