

Yoga and Meditation Classes Fall 2019

Classes held in the upstairs studio
of Mathews Athletic Center Wesleyan College

The body is the most sacred place of pilgrimage that we will ever know. In these classes we are exploring classical yoga disciplines, meditation, movement re~education, and breathing practices from various traditions as vehicles for deepening our realization, ease, and joy.

Mondays 6:30~7:45pm	September 09 ~ October 21 October 28 ~ December 09
Tuesdays 10:30~11:45am	September 10 ~ October 22 October 29 ~ December 10
Tuesdays 5:30~6:45pm	September 10 ~ October 22 October 29 ~ December 10

7 class/ 7 week session \$90
Single class \$15
Drop~ins are always welcome

Molly M. Martin, M.A., RMT 478~742~3894
mmartinbeloved@gmail.com

Private Sessions: \$60

A private session gives you an opportunity to explore your specific interests or concerns. It will include interactive bodywork and integrative movement education through practices of yoga, joint mobility, breath, meditation, and energy healing. I love working with families, churches, schools, or professional groups and will travel to your location.

My personal practice and training include 37 years of exploration in numerous lineages of yoga, meditation, and prayer; 27 years of neurodevelopmental facilitation and

education with a variety of populations, including stroke and Parkinson's; 6 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 certifications with ongoing studies in massage, energy body healing, and botanical medicine. With deep appreciation for your continued support for work that is my passion and great love.

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