

Yoga and Meditation Classes ~ Spring 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.

<i>Mondays 6:30~7:45pm</i>	<i>January 07 ~ February 18 February 25 ~ April 08 April 15 ~ May 27</i>
<i>Tuesdays 10:30~11:45am</i>	<i>January 08 ~ February 19 February 26 ~ April 09 April 16 ~ May 28</i>
<i>Tuesdays 5:30~6:45pm</i>	<i>January 08 ~ February 19 February 26 ~ April 09 April 16 ~ May 28</i>
<i>Thursdays 10:30~11:45am</i>	<i>January 03 ~ February 14 February 21 ~ April 04 April 11 ~ May 23</i>

7class/ 7 week session \$90

Single class \$15

Drop-ins are always welcome

*Molly M. Martin, M.A., RMT 478~742~3894
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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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