Learn & Practice Techniques for Health & Well-Being
Have Fun While Relaxing Your Body & Mind

PROGRAM DESCRIPTION

The practices you learn in the classes consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation, and relaxation. Through the practices you develop a greater sense of self awareness, hone the attention of your mind, learn new movement skills and tools for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace.

One hour classes will take place at the Galloway Senior Center once weekly. We must have a minimum of 12 participants to continue the program so plan to join us, bring your friends and register now.

Fee: $6.00 per session, collected by presenter. No mats needed. Wear comfortable clothing.

PRESENTER

Linda Schwartz

Linda has a B.A. from The College of New Jersey (TCNJ). Her Yoga and Meditation practices began in 1972. Linda is certified in Integrative Yoga Therapy and as a Meditation Instructor. She also successfully completed training in Mindfulness Based Stress Reduction, the program from the University of Massachusetts Medical Center, with John Cabat Zinn and Saki Santorelli. She is IIQTC certified in Tai Chi Easy. Linda started teaching in 2001 and has taught for Yoga studios, department stores, PAL, corporations, as well as, for her own business, and 1-1 individual Yoga Therapy sessions. She is grateful to be able to share the timeless wisdom and practices leading to greater health and well-being and a peaceful and joyful life.

Every Thursday
January 8, 2015 to December 17, 2015
9:30 am - 10:30 am
Galloway Community Services Senior Center
621 W. White Horse Pike
Egg Harbor, NJ 08215
(609) 568-5073

To Register Call (609) 568-5073