Yoga and Meditation Classes  Fall 2015
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.

Tuesdays  10:30-11:45am
and
Tuesdays  5:30-6:45pm      Sept 08 - Oct 20   Oct 27 - Dec 08
Wednesdays  7-8:15pm       Sept 09 - Oct 21
Thursdays  10:30-11:45am   Sept 10 - Oct 22   Oct 29 - Dec 17 (Skip Nov 26)
* NEW CLASS at Mathews Athletic Center  Mondays 7-8:15pm    Nov 02 - Dec 14

Each 7 week session  $90  Single Class:  $15. Drop-ins are always welcome.

* NEW CLASS at Vineville Methodist Church Christian Life Center
  Mondays       6-7:15pm   Sept 14 - Oct 19  6 weeks $78

  Private Sessions  $60   3 for $165 prepaid and scheduled before December 15
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 34 years of deep exploration in numerous lineages of yoga, meditation and prayer; 24 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 and energy body healing. With deep appreciation for your continued support for work that is my passion and great love.

Molly M. Martin, M.A., RMT 478-742-3894 mmartinbeloved@gmail.com
Deepening Our Practice of Meditation

We all share in the quest to find beauty, sacredness, and deeper understanding in our lives. In these classes we are immersing in gorgeous, alchemical practices with the breath, presence, subtle sound and movement which have come to us through Sufi training in consciousness and awakening. Whatever your spiritual path, this material will be inspiring, supportive, illuminating.

Classes are held in the sanctuary of my home. All are welcome.

Thursday September 24
Monday October 26
Wednesday November 18
6:30 - 7:45pm  $20 each
Reservations and prepayment required.

Energy Medicine Self Care Series

Expand your repertoire of hands on, practical, self regulating exercises which support your body’s natural healing powers, boost immunity, increase mental clarity, and modulate the stress response. These practices are drawn from traditional Chinese medicine and other energy healing technologies.

Mondays 10:30-11:45am  October 5, 12, 19  Mathews Athletic Center
Thursdays 6 - 7:15pm  October 8, 15, 22  In my home
$20 per class or $50 for series.
Reservations and prepayment required.