"The ultimate goal of yoga is to increase knowledge of the self."
Mukunda Stiles

YOGA OFFERS A PATHWAY WHICH LINKS BODY AND MIND, RESTORES BALANCE, AND ALLOWS HEALING OF BODY, MIND, AND SPIRIT TO OCCUR.

Contact the Instructor at
346-7389 or
mjscottny@verizon.net

www.MaryScottYogaTherapy.com

Mary J. Scott MA, RYT® 500
Structural Yoga Therapist™

Mary brings an exceptional sensitivity to her Yoga Therapy work and yoga instruction from her years of experience in creating and adapting yoga and fitness for clients' special situations, as well as her own personal healing through yoga therapy. Mary's philosophy of yoga therapy and instruction is that everyone's body is different and no matter one's limitations practices can be adapted for each individual to achieve maximum benefit and balance.

Mary has been teaching yoga for over a decade and the classes at Sunnyview are going into the eigth year. She holds certifications as a Structural Yoga Therapist™, a Structural Yoga Teacher, and a Yoga of the Heart® Teacher. Mary's yoga training is grounded in the classical yoga and healing tradition of Krishnamacharya and culminated in the 750 hour program for Structural Yoga Therapists™, which she completed in 2008. Mary personally studied with Mukunda Stiles.

In 2012 Mary completed the Essential Back Teacher Training Program with Robin Rothenberg. This program was highlighted in the research study of yoga for back pain and published in the Annals of Internal Medicine. She continues as a mentee of Fran Ubertini, KHYF Teacher Trainer and Viniyoga Therapist. Mary is a member of IAYT, The International Association of Yoga Therapists. Mary is also a Mindfulness-based Stress Reduction Teacher, trained at the UMass Clinic of Dr. Jon Kabat-Zinn, and had taught mindfulness-meditation for many years.

Sunnyview Rehabilitation Hospital
1270 Belmont Ave, Schenectady, N.Y. 12308

SUNNYVIEW LIFESTYLE WELLNESS CENTER

YOGA

Winter Session
7-weeks

Achieve balance and well-being through classes with Structural Yoga Therapist™
MARY SCOTT MA ,RYT 500

Classes Begin Tuesday January 6 - February 19, 2015

YOGA
A Healing Path

Yoga is a 5,000 year old science, which includes asana or body postures and movements, meditation, deep relaxation and pranayama or breathing exercises. As a participant in a yoga class you will experience a renewed sense of ease in your life, as it will help you become an active participant in healing while gaining a sense of control.

Many health benefits of yoga practice have been documented and include:

- Pulse rate decreases
- Stabilizes nervous system
- Blood pressure decreases
- Musculoskeletal flexibility and joint range of motion increases
- Strength, balance and resiliency increases
- Endurance increases
- Sleep improves
- Immunity increases
- Pain decreases
- Anxiety and depression decrease

TUESDAY CLASS

Beginning Level/All Levels
Yoga 6- 7:15

You will learn and practice basic level yoga asanas, vinyasa, to strengthen, balance and de-stress the body. Pranayama practices and meditative deep relaxation are part of every class and are used to acclimate the body and mind to a more stress free state of being. Appropriate for beginners and those with prior experience.

THURSDAY CLASS

Yoga for Back Wellness
5:30-6:45

Class will practice the *Viniyoga* and *Structural Yoga* methods to bring stability and strength to the back, hips, and sacrum, while bringing awareness to the breath patterns guiding motion. *Viniyoga methods were featured in the NIH study on yoga for back pain.* You will also practice specialized motions to increase joint circulation, mobility and strength, and pranayama and deep relaxation to reduce stress.

A good class for those new to yoga.

The cost is $92 for the 7-week Winter Session and is due at registration.

CLASSES FILL QUICKLY AND ENROLLMENT IS LIMITED
REGISTER EARLY
CONTACT MARY: 346-7389 or mjscottny@verizon.net