

Gentle Yoga & Meditation

Wake up ~ Reflective early morning practices.

w/Mary Bartel, ERYT-500
Structural Yoga™ Therapist
Integrative Restoration (iRest) Yoga Nidra
& Mindfulness Meditation Instructor

Wednesdays
July - August, 2015
7:00-8:15 AM

BodySensing® Gentle Yoga - a meditative style that invites deep inner listening.

Mindfulness Meditation - guided present moment inquiry practices

iRest Yoga Nidra - Deep meditative self-inquiry

Rediscover your essential wholeness and interconnectedness with all of life.

Gain clarity as to what's most essential.

Beginners, seasoned students or those wishing to reignite their practice are welcome.
No meditation or yoga experience required.

Ancient practices for modern times. Research has proven that these practices help people with
· Depression · Anxiety · Insomnia · Chronic pain · Chemical dependency · PTSD ...



Inner Quest Yoga & Wellness Center
238 Broadway, Saranac Lake

To register or for more info: Mary Bartel (518) 354-2425
Drop-ins welcome.

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