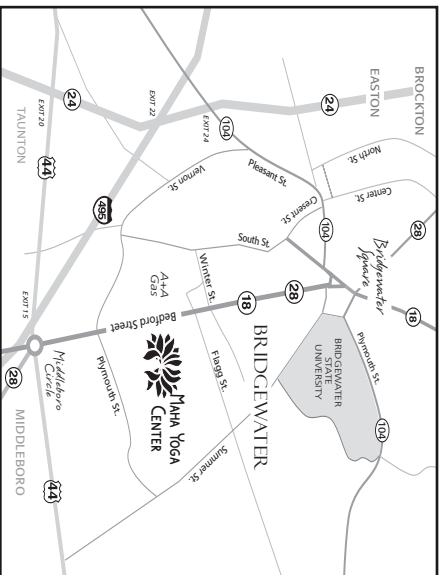


Try Something **NEW** this Winter!

SOMATIC BREATHWORK JANUARY & MARCH
RESTORE & RENEW JANUARY
SUPER CHARGED HEALING APRIL
YOGA FOR HAPPY HIPS APRIL
Don't miss

THE MAHA MOTH FEBRUARY

REGISTRATION INFORMATION: Please pre-register to assure the class and your space in it. You may register in person, by phone or by mail. If you are registering late, please call ahead to confirm space availability.



Maha Yoga Center LLC DBA Maha Yoga Center and the Center for Stress Management, 992 Bedford Street (Route 18), Bridgewater, MA 02324

Maha Yoga Center /
Center for Stress Management
992 Bedford Street (Route 18)
P.O. Box 303
Bridgewater, MA 02324



FIND US ON FACEBOOK

Take a look at our new website!

www.MahaYogaCenter.com

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OUR FACEBOOK PAGE OR CALL THE CENTER

508-697-3273

WINTER INTO
SPRING
2025



Center for Stress Management
and the

YOGA CLASSES

YOGA TEACHER TRAINING

MEDITATION

MASSAGE & BODYWORK

REIKI

COUNSELING
SERVICES

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www.MahaYogaCenter.com
mahayoga@junio.com

Store hours:

Tuesday-Friday 8:30 AM-12:30 PM • Saturday 9:00 AM-4 PM
Open for all listed yoga classes and workshops



“In three words I can sum up everything I’ve learned about life: it goes on.”

—Robert Frost



Someone once told me that a Chinese curse was “May you live in interesting times” Well, I learned that it is not a Chinese saying, but it certainly seems to apply to these times. Yes, interesting.....but Maha Yoga will go on offering community, joy and love.

Namaste!

Diane



Maha Yoga Teacher Certification



The Maha Yoga Teacher Training is a 200-hour program that will balance theory and practice. The curriculum includes instruction in asana, meditation, pranayama, chanting, and relaxation.

Courses will include: the anatomy, physiology, psychology and philosophy of yoga. There will be workshops on nutrition, adapting yoga for special groups and how to deepen your own personal practice. Each student will practice-teach with the guidance of a mentor.

We are looking for serious students who want to learn and be able to teach (or use for personal growth) yoga as more than just physical exercise. If you are interested, call and leave a message for Diane.

Yoga Alliance
Registered Yoga Teacher Training



Free

Maha Yoga Teacher Gathering

Saturday, April 19 • 5 pm

For all Maha Yoga Teachers and Teachers in Training—a chance to get together with your fellow Maha Yogis and Yoginis. We can sit, talk, share on this almost Spring afternoon. Then you can help me set up the studio for...
Kirtan with Shubal!

Maha Yoga Studio Schedule

SUNDAY	9:00 am – Hatha 9:00 am – Hatha 4:30 pm – Gentle Hatha	Diane Lagadec Susan Andrea Danielle Levesque
MONDAY	10:00 am – Hatha 6:00 pm – Hatha 6:30 pm – Hatha with Restorative	Pia Ruokis Max Taylor Renae Runnels
TUESDAY	8:30 am – Hatha 10:30 am – Gentle Hatha 11:00 am – Gentle Hatha 6:00 pm – Gentle Hatha	Renae Runnels Judy Prisco Sky Wild Danielle Levesque
WEDNESDAY	10:00 am – Hatha 10:30 am – Gentle Hatha with Reiki 6:30 pm – Polishing the Basics & Continuing Raks Sharqi	Diane Lagadec Claudia D'Emilia-Iaffrati Amar Garcia
THURSDAY	8:30 am – Hatha 10:30 am – Gentle Hatha 11:00 am – Hatha 6:00 pm – Hatha	Margarita Marmysch Sylvia Thornton Sky Wild Monica Tavares & Marybeth Montella
FRIDAY	8:30 am – Yin Yoga 10:30 am – Gentle Hatha 6:00 pm – Hatha	Diane Lagadec Judy Prisco Kendra Tansey
SATURDAY	9:00 am – Hatha 10:00 am – Hatha	Diane Lagadec Diane Cella



SIGN IN PROCEDURE

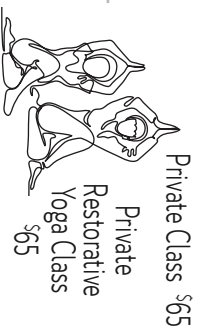
Please pre-register for classes by phone or email.

NOTE: YOU WILL BE CHARGED FOR THE CLASS IF YOU FAIL TO SHOW UP.

CLASS PRICES
Single Class \$15

10-Class Card

BEST VALUE
\$100



Private Class \$65

Private
Restorative
Yoga Class
\$65

WHICH YOGA CLASS IS RIGHT FOR YOU?

Hatha Yoga is appropriate for all ages and all levels. It is a total health system that works toward the balance of body, mind, and spirit. Each class will include postures (asanas), breathing (pranayama), and relaxation techniques. The benefits of yoga are: stress reduction, the stretching and strengthening of muscles and a sense of well-being.

Gentle Hatha/Restorative is a Hatha Yoga class with the addition of Restorative poses. Bring a blanket and pillow.

Gentle Hatha Yoga is a modified routine appropriate for beginners, for prenatal, for post natal, or for anyone who wants an easy and relaxing class.

Yin Yoga is a series of long-held, passive floor poses that target deep connective tissues, like fascia, ligaments, joints, and bones. It's a slower and more meditative practice.

Astanga is a powerful flow of postures and breath taught in the tradition of Sri Pattabhi Jois.

Gentle Hatha/Reiki is a blend of hatha yoga combined with Reiki's healing energy.



THE ASANA

A workshop for only those in the Maha Yoga Teacher Training.

Diane Lagadec

PART 3: Saturday Jan 11 2 pm

PART 5: Saturday Feb 8 2 pm

PART 1: Saturday Mar 15 2 pm

PART 2: Saturday Apr 12 2 pm



\$25

AN AFTERNOON OF RESTORATIVE YOGA

\$30/CLASS



Restorative yoga has been called "the antidote to stress". This form of yoga consists of supported poses that lead to deep relaxation and profound openings. By relaxing deeply into each of the poses physiological changes occur that are beneficial to health and that can reduce

the effects of stress related diseases. No yoga experience is necessary. *Pam McGoodwin*

Sundays, Jan 12, Feb 12, Apr 6

1-3pm

NEW RESTORE & RENEW... NATURALLY ADAPTING TO THE CHANGE OF SEASONS. A PEACEFUL AFTERNOON OF RESTORATIVE YOGA, REFLEXOLOGY, AND REIKI

\$65

Please join *yoga instructor Deb Arnold* and *reflexologist Michelle Sedgewick* for an afternoon of meditation, restorative yoga, and mindful reflexology, with a blend of hands on and distant reiki throughout the workshop. Integrating these ancient healing practices will leave you completely present, fully relaxed with very clear and balanced energy.

Sunday, January 18

2 pm

PSYCHOLOGY OF YOGA

\$25

Students will share a brief paper on their own spiritual development using their learning about the Yoga Sheaths and Chakras. Class will include group discussion and practices.

Saturday, January 25

1 pm

YIN YOGA AND INSIGHT MEDITATION WORKSHOP

\$35

Yin Yoga focuses on gently exercising the connective tissue in the body. These postures can help restore the healthy flow of energy in our bodies by opening up blockages and releasing energy to flow freely within us. Practicing Yin Yoga increases flexibility, boosts circulation, and activates the parasympathetic nervous system, calming the heart rate and reducing stress. It also allows for the deep cultivation of awareness, breath, and meditation as we surrender into floor postures for longer periods of time than other styles of yoga. During this workshop, we will work with the first of the Buddha's *Four Foundations Of Mindfulness*, mindfulness of body as we explore the poses, and end class with 20 minutes of lightly guided Vipassana (Insight) meditation. Cushions, chairs, blankets and bolsters are available for use. Join us to explore this form of Yoga and meditation. Suitable for all levels. Beginners are welcome and encouraged! *Lynne McCarty completed Yin Yoga Teacher Trainings with Christine O'Shaunessy, Sarah Powers, and Josh Summers. She completed her 200-hour Yoga Teacher Training with Diane Lagadec at Maha Yoga Center.*

Sunday, January 26

2-4 pm

HEART-OPENING SOMATIC BREATHWORK

\$35/CLASS

NEW

This workshop is a combination of somatic breathwork and energy healing. And, this simple, heart-opening breathwork can be the fastest and most powerful way to move stuck energy out of your body.

During our time together, you will be guided to go beyond the conscious mind and into the subconscious space, where your body holds onto its stories, traumas, and joy. While in this state, you may encounter deep emotions and find yourself crying or even laughing. Let these emotions show up and move through you. In this shifted state, you may also experience clarity, awareness, transformation, personal growth, and deep connection.

This is a 3-part pranayama and is not the same as yogic or meditative breathing techniques that are typically practiced to calm, balance and relax the mind and body.

Instead, this somatic style of breathwork is active and designed to shift your state of mind - so that you get out of your own way. (Please bring: Yoga mat, Eye pillow or eye covering, Water, Journal or notebook, Pen or pencil)

Come with an open mind and be ready to experience a powerful shift! *Led by Robyn Parets, Yoga teacher & trainer (Maha yoga graduate, 2003!), Somatic Breathwork Facilitator (certified in levels 1-5 with David Elliott).*

Sunday, January 19 at 2 pm

Sunday, March 30 at 2 pm

YIN YANG PRACTICE FOR BALANCING ENERGY

\$40

In the first part of this workshop students will experience a Yin Yoga practice that will target the back, the side body, the legs and hips. Affirmations will be given for each pose along with Reiki.

The second half of the workshop we will practice Yang Style Yoga movements to help move the qi (energy) through the spaces we have opened up. The yang movements will pump energy through the open channels or meridians leaving you with a more balanced and energetic body. The practice will end with a guided meditation. *Cheryl Davis, 300 hour AYT, Karuna Holy Fire Reiki Master*

Sunday, February 2

2 pm

YOGA PHILOSOPHY

\$30

Patanjali's Yoga Sutras are widely regarded as the foundation of Yoga philosophy. In these ancient Yoga Sutras, Patanjali lays out a path for those who wish to "still the mind". His aphorisms are practical statements of methods for attaining this stillness. He also explains the 8 steps of classical yoga, the various paths of yoga and more. This class will help deepen and broaden your knowledge of Yoga. *Diane Lagadec*

PART 1 - Saturday, March 1

2 pm

PART 2 - Saturday, March 29

2 pm

NEW

MAHA OFF THE MAT- A MINDFUL OUTDOOR EXPERIENCE

\$35

The bustle of the holiday season is over and a new year has begun. As we settle into Winter, this is a great time to get outside and appreciate the stillness and beauty of the season. We'll meet at the Center for an orientation, then head to Massasoit State Park for a mindful hike. The pace will be based on abilities and temperatures. There will be hot beverages and treats afterwards! Wear weather appropriate clothing and shoes. If there is snow, bring your snowshoes! *Danielle Levesque, C-IAYT, Kripalu Mindful Outdoor Guide*

Saturday, February 1 at 1 pm

VINYASA YOGA WITH CINDI

\$25

When we celebrated our 30th year, Cindi Assad taught a great workshop in Vinyasa Yoga that many of you attended. We have invited her to return to Maha to teach a Vinyasa Yoga class this afternoon! Once again experience the flow of asana in a beautiful, fluid and joyful way allowing prana to course its way through the body's twists, turns, and balances. All levels are welcome.

Cindi is a 200+ hour certified yogi with extra-curricular experience in Barre, Pilates, Personal Training, as well as having taught at Bridgewater State University. Cyndi Lee, Baron Baptiste, Sharon Gannon, Shiva Rea, and Jonathan Urla are among her many teachers; however, Cindi spent 17 years teaching Vinyasa and Ashtanga at Maha Yoga under Diane Lagadec's direct tutelage. She has had a blessed and exciting teaching career.

Saturday, March 8

1 pm

YOGA OF BREATH MYTT

\$25

Focusing on pranayama, this workshop will cover various Yogic breathing exercises and let you experience the relaxing and harmonizing effect that these practices can have on mind and body alike. Explore the relationship between the breath and your body's energy and nervous system. Please refrain from eating immediately before class. (MYTT bring notebooks) *Danielle*

Sunday, March 9

2 pm

YOGA NIDRA: THE PEACEFUL YOGA PRACTICE

Yoga Nidra translates as "Yoga Sleep" or Wakeful Sleep". It is a practice that induces physical and mental tranquility thereby ridding the mind of chronic tension and inducing deep relaxation, inner knowledge and meditation. This class will include a gentle yoga sequence followed by guided Yoga Nidra. Appropriate for all levels. *Diane*

Friday, March 21

6 pm

NEW YOGA FOR HAPPY HIPS

\$40

Our hips take a lot of stress in our day to day activities. Walking, running and sitting for long periods can cause tightness, fatigue and pain. In this workshop, we'll cover the anatomy of the hips, and some common causes of discomfort. Then we will explore how yoga practices can help keep our hips happy and healthy! *Danielle Levesque, C-IAYT*

Saturday, April 5

2-4 pm

YOGA SUTRA DISCUSSION

\$10

The Yoga Sutras form the basis of classical yoga; they provide the philosophy behind the practice and are a necessity for any serious student of yoga. Study of the Yoga Sutras will help deepen your personal practice and make your teaching more informed. To prepare for this class please read and be prepared to discuss any Sutra in Book 1 or Book 2. *Danielle*

Sunday, April 27

2 pm



Saturdays February 15, April 19, June 21 at 7 pm

The singing of kirtan goes back thousands of years in India. Created by ancient rishis from the seed mantras of the Vedas, the sounds are designed to resonate with the chakras. As powerful as it is, kirtan is effortless and incredibly enjoyable! Come and experience this joyful but deep form of practice.



Meditation

OPEN MEDITATION

Fridays at 6:30 pm • Open to all!

MEDITATION WITH NATIVE FLUTE

1st Friday of each month

January 3, February 7, March 7, April 4 at 6:30 pm

Donations
ONLY

INTRODUCTION TO MEDITATION

Fridays, January 10-31 • 6 pm

\$40/4 weeks

This class is designed for those who wish to begin a meditation practice. It will consist of instruction, practice and discussion. Classes will vary in meditation styles allowing beginners to get a wide variety of tools to establish their own practice. Meditation helps to relieve stress, increases happiness, and develops compassion, love and patience. *Diane Lagadec*

INTRODUCTION TO METTA MEDITATION

Sundays, February 2-23 • 11 am

\$40/4 weeks

Many of us often have difficulty expressing feelings of love or kindness toward ourselves. Maybe we feel unworthy. Maybe it seems that someone else, somewhere else needs it more and we need to deliver. There's a hitch though; without loving ourselves, without wishing kindness and developing a sense of ease for ourselves, we can't bring it to others in a sustainable way and vice versa. A traditional Buddhist meditation, Metta means Loving-Kindness. Metta is a practice of bringing a kind, gentle attention to oneself and when ready, others. Come out to the Center and see for yourself. Please join us for a 4 week introduction to Metta Meditation practice. "May We All Be Happy and Peaceful."

Steve Dutra A sometimes traveler, counselor, skateboarder, worker, and learner, Yoga and Meditation bring to my life a sense of ease. I appreciate sharing with others the practices that work for me. I first learned about Hatha Yoga with Diane at the Center and moved together through the 200 YTT. Sam Akers broke me open with teachings of lovingkindness during her 300 YTT focused on restorative and therapeutic practice. Heidi Bourne really got me to come see for myself. My aim is to love, serve, and remember.



CARING FOR THE CAREGIVER – TAKE A LOAD OFF!

\$35/3 Sessions \$15 Single Sessions

Serving as a caregiver is highly demanding making it feel difficult to tend to one's own needs. Whether caring for an elderly parent, sick spouse or child, caregivers need support. Join us for three one hour sessions and learn different strategies like restorative yoga poses, meditation, reiki, aromatherapy and gratitude journal writing to help build resilience for good mental and physical health to support YOU!

Led by Dianne Cella MSN, RN, RYT, Reiki Master, UZIT Practitioner

Saturdays, February 8, 15 & 22

1 pm



NATIVE AMERICAN FLUTE SEMINAR

Taught by Jerry Lagadec

Sunday, January 19 at 1 pm

SEMINAR FEE:
\$175

You must pay for this seminar by February 23.



In all schools and paths of wisdom, one truth is a staple: "Everything flows from the breath." Experience this for yourself on one of Odell Borg's amazing cedar flutes. No heavy, complex theory or intimidation; you'll leave playing and enriched. (Price includes the flute, an instructional tape, and a booklet on additional flute techniques.)

Yoga & Sound

YOGA AND SOUND WITH CLAUDIA – SOUND BATH

Saturday, January 25 at 6 pm Sunday, March 22 at 2 pm

\$35/CLASS

Are you ready for a sound journey? Experience the healing vibrations of the pure frequencies of 7 rose quartz crystal bowls, the multi-dimensional Symphonic Gong, and a variety of other instruments as they "bathe" away the noise and the stresses of everyday life and recalibrate you on a cellular level. By immersing yourself in these sounds you will find deep relaxation of mind, body and spirit. Some props are available. You are welcomed to bring your own mats, pillows and blankets for optimum coziness. *Led by Claudia D'Emilia lafrate, Sound & Energy medicine practitioner and our Kundalini yogini*



FULL MOON MYSTICAL GONG VIBRATIONS

Sunday, April 12 at 6 pm

\$25

Invite relaxation into your mind & body as the sounds of the Gong, along with a selection of other instruments, resonate through and around you! The sound of the Gong instills deep states of relaxation and provides a measurable sense of wellbeing. Claudia will lead a short guided relaxation before the Mystical Gong Vibrations, followed by a kundalini-based meditation. *Join Gong percussionist and energy medicine practitioner, Claudia D'Emilia lafrate, under the radiance of the Full Pink Moon.*

WRITING FROM YOUR HEART...DEEPENING YOUR YOGA PRACTICE THROUGH INTENTIONAL CREATIVE WRITING

\$45

Join *Deb Arnold* for a contemplative afternoon of meditation, yoga, and creative writing. This workshop will encourage you to embrace moments with intentional awareness connecting you to an authentic space to speak from. We will open with an introductory meditation, followed with a purposeful yoga practice. We will finish with a meditation that will guide you with ideas, prompts and inquiries that will invite you to write creatively in the peaceful and safe space that we have created. This workshop is appropriate for everyone. Paper and pens will be available, or bring your own.

Sunday, March 2

3 pm



SUPER CHARGED HEALING

\$45

Our goal in this workshop is to support you in a process of changing a long held negative thought or belief that you have about yourself and to replace it with a positive, affirming thought. To this end we will use a combination of: Meditation, Yoga, EFT (Emotional Freedom Technique) and Intentional Thought Transformation. This workshop ends with a nourishing Sound Bath. Dress comfortably. No Yoga experience needed. *Led by Jean Kennedy LMHC and Elaine Fillion-Crouse, LICSW*

Saturday, April 26

1-3 pm

Raks Sharqi (Bellydance)

WITH
AMAR GARCIA

WHAT IS RAKS SHARQI DANCE?

Raks Sharqi dance also known as "bellydance" originated in the Middle East as a folk/social dance and in the modern era became a highly artistic performance art. Raks Sharqi dance lets us celebrate our bodies that come in all shapes and sizes and represent an array of ages, gender, and cultural backgrounds. The movements will help stretch and tone your body, increase your stamina, give you body control, and help promote a confident body. Bring a hip scarf and get ready to shimmy your stress away!



POLISHING THE BASICS & CONTINUING RAKS SHARQI (Combined classes)

6:30-7:30 pm

Polishing the Basics & Continuing (Level 2 & 3)

6 week series — \$84

Wednesdays, Wednesdays, January 15, 22, 29, February 5, 12, (NO CLASS 19), February 26

8 week series — \$112

Wednesdays, Wednesdays, March 5, 12, 19, 26, April 2, 9, 16, (NO CLASS 4/23), 30

BASIC BEGINNER RAKS SHARQI with Marielena

11:30 am-12:30 pm

3 week series — \$42

Saturdays, February 8, 15, 22

3 week series — \$42

Saturdays, March 1, 8, 15

BASIC BEGINNER RAKS SHARQI with Cecilia

11:30 am-12:30 pm

3 week series — \$42

Saturdays, March 29, April 5

(NO CLASS 4/12), April 19

REGISTRATION
REQUIRED
FOR COURSES.
NO DROP INS.

Massage & Bodywork

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Ear-coning, Aromatherapy Massage

Ruth Boncorddo

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Swedish and Deep Tissue

Claudia D'Emilia lafrate

Reiki Master Teacher

Judy Prisco

Reiki Master Teacher

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nationally certified and ready to serve you.

30 Minutes \$40
60 Minutes \$65
90 Minutes \$85

Chair massage is available,
but must be scheduled in advance.

EAR CONING • This ancient art is a non-invasive way to help control waxy build up, chronic ear congestion, sinus problems. Ear candles create a vacuum that draws out ear wax and fluids in a safe manner.

REIKI • Reiki is an energy-based healing tradition. It is a laying-on-of-hands method where the practitioner serves as conduit to channel universal energy to heal and restore balance. It is a holistic practice that balances all levels—physical, emotional, mental and spiritual—to promote healing.

AROMATHERAPY MASSAGE • Aromatherapy massage is massage therapy but with essential oils added to the massage oil. It is particularly suited to conditions involving stress. Our therapist will choose the added essential oil based on what you need. For example, a relaxing aromatherapy massage may include lavender or bergamot essential oil, while a massage for sore muscles might include peppermint or eucalyptus.

FOR MORE INFORMATION ON ANY OF OUR CLASSES, CALL 508-697-3273

PLEASE pre-register to assure the class and your space in it. You may register in person, by phone or by email.

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WITH A

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September 15, October 20, November 17, December 15



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Winter into Spring
2025 Offer

FREE
Nagchampa incense sample

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www.MahaYogaCenter.com

Book Discussion

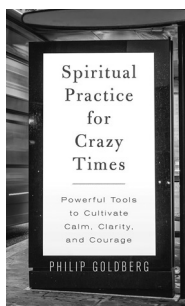
Led by Diane

\$10

Spiritual Practice for Crazy Times by Philip Goldberg

Sunday, March 23 • 3 pm

I had planned to use *American Veda* by the same author for this book discussion until I found his new one. This book description says: "This compassionate, down-to-earth book will help you find refuge, balance, and power in these crazy times - and prepare you to take robust steps to help restore sanity in the world around you." That's it! We'll read *American Veda* next time. Diane



BAREFOOT CONCERT SERIES PRESENTS...

Donation



THE MAHA MOTH

Saturday, February 22 at 7 pm

Fashioned from the nationally popular program, *The Moth*, on National Public Radio (Which took its name from the moths flying around the night lights as folks sat around sharing stories) Maha Yoga Center offers its own night of spontaneous anecdotes, stories, yarns, insights and tales. Sitting around telling our stories was a major form of entertainment for centuries...before Facebook. No notes, no scripts—just your voice articulating your stories—both comic and tragic, love gained and lost, lessons learned... or not—all for the purpose of discovering our common humanity. (Stories should be kept to 10 minutes or less)



Reiki

CEU's available for nurses

Taught by JUDY PRISCO, Reiki Master Teacher

Reiki is an energy-based healing tradition that is thousands of years old. Rei (spirit) and Ki (life force) is a laying-on-of-hands method where the practitioner serves as a conduit to channel universal energy to heal and restore balance. It is a holistic practice that balances all levels—physical, emotional, mental and spiritual—to promote healing.

REIKI 1 - Reiki For Beginners

(\$25 deposit required) \$150

Reiki is Universal Life Force healing energy. Reiki One is the first level of Reiki Instruction. In this course you will learn the history and principles of Reiki and how to apply the practice to your everyday life. A Reiki One practitioner can perform Reiki on themselves and others, on animals and plants and also has many other uses. A certificate will be issued to the participants upon the completion of the one day course. Dress comfortably and bring water. Prepare to enjoy an afternoon learning about Reiki! Minimum 2

Saturday, March 22

11:30 am - 4 pm

REIKI 2

(\$25 deposit required) \$200

Expand your Reiki 1 Knowledge with an Attunement to Reiki Two. In this course you will learn the Reiki Two symbols and their correlation to the physical, mental and emotional body. The group will practice hands on Reiki and perform distance/absent Reiki Healing. Dress comfortably and bring a snack and beverage. There will be a 20 minute break. Prerequisite Reiki 1 (\$25 deposit) Minimum 2

Saturday, February 1

11:30 am - 4 pm

REIKI SHARING CIRCLE

Donation

Join us for a sharing of Reiki. Learn the history of Reiki and how it works. The public is invited to come and experience Reiki delivered by Reiki Practitioners. Reiki Practitioners will have an opportunity to utilize their knowledge of Reiki. No Reiki experience is needed to receive Reiki. You must Sign up to reserve a spot.

Saturday, April 26

1 pm

Additional Offerings

INDIVIDUAL AND FAMILY COUNSELING

Elaine Fillion-Crouse, LICSW

offers Psychotherapy at the Maha Yoga Center.

Elaine will be offering Psychotherapy at the Maha Yoga Center. With so many changes in the world, and ongoing stressors; whether current or from the past, it may be time to invest in your personal well-being. I take many insurances (unfortunately not Medicaid), and I specialize in life transitions, managing life stressors, anxiety, depression, PTSD and other concerns. **Feel free to call me for a free consultation: 508-289-1723.**

Susan Nisenbaum-Becker, M.A., L.C.S.W.

General family practice specializing in mental health issues for women, eating disorders, depression, anxiety and life transitions.

YOGA THERAPY

Danielle Levesque, C-IAYT

Yoga therapy is an individualized application of yoga practices that is tailored to your specific needs. It is a whole-person approach to health and wellness that addresses all levels of your humanity. We work together one-on-one to define your health goals, and create an accessible home practice to promote your well-being. Yoga therapy is appropriate for everyone, regardless of yoga experience or physical conditions.

Email: djlevek40@gmail.com for a free 1/2 hour initial assessment.

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Amey L. Boughan RN, ANP, Certified Consulting Hypnotist, Certified Health Coach
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HANOVER

Rt. 53, Columbia Road

(781) 826-0808

Monday - Friday 8:30 am - 7 pm

Saturday 8:30 am - 6 pm Sunday 9:30 am - 5 pm

www.goodhealthnaturalfood.com

AMNESTY GROUP 561

Through detailed research and determined campaigning, we help fight abuses of human rights worldwide. We bring torturers to justice. Change oppressive laws.

And free people jailed just for voicing their opinion. Join us!

We meet on the 3RD SUNDAY of each month at Mike Shea's Coffeehouse

January 19, February 16, March 16, April 27 • 11:30 am