



Central Mass Yoga & Wellness, Inc.

Our highly qualified instructors bring extensive experience and certifications.

- 200 and 500-hour designations
- Gentle yoga and yoga for special populations
- Yoga for stress, anxiety, trauma, and post-traumatic stress
- Yoga for addiction and recovery
- Yoga for mobility
- Meditation, mindfulness, and deep relaxation

Yoga in the Community

Did you know?

Research studies show yoga can improve anxiety, stress and sensory processing, as well as mental health and quality of life factors.

(The Effect of Sensory Enhanced Hatha Yoga on Symptoms of Combat Stress in Deployed Military Personnel)

Discover the benefits of yoga in improving the quality of life for the populations you serve. Start a yoga program in your organization.

Our experienced and certified instructors will provide a customized yoga program designed for your organization's population and needs.

*"I have **less stress, more flexibility and feel better being with my peers.** My anger and temper is so much more in control." -- P. Garry (Vietnam Veteran)*





Benefits of Yoga

- Relaxation and strengthening
- Unfreezes negative memories and creates new bodily memories
- Creates feelings of joy and personal empowerment
- Balances the mind and helps release emotional stress
- Alleviates symptoms of anger, anxiety, depression, guilt, and paranoia

*"I have never felt better or happier and **totally fulfilled!** Thank you so much for introducing me to yoga and making it such an important part of my life!"*

F. Keating, Worcester

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www.centralmassyoga.com