



Stockton Center on Successful Aging Offers Workshop Series on Mind and Body Relaxation

Learn and Practice Techniques for Health and Wellbeing

For Immediate Release

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Galloway Township, NJ- The Stockton Center on Successful Aging (SCOSA) will be presenting weekly classes for older adults to practice gentle movements that promote mind and body relaxation.

One-hour classes will be held on Thursdays at the Galloway Community Services Senior Center, located at 621 W. White Horse Pike in Egg Harbor, at 9:30 a.m. beginning on Jan. 8, 2015 and continuing throughout the year. Check the SCOSA website, www.stockton.edu/scosa, for cancellations and changes. Registration is not necessary.

There is a \$6 fee per session that will be collected by the presenter. No mats are needed and comfortable clothing is suggested.

Participants will learn experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation and relaxation. The exercises result in a greater sense of self-awareness, improve attention and increase self-observation of one's well-being.

The sessions will be presented by Linda Schwartz, who is certified in integrative yoga therapy and as a meditation instructor. She began practicing yoga and meditation in 1972 and started teaching in 2001. She successfully completed training in mindfulness based stress reduction, the program from the University of Massachusetts Medical Center, with John Cabat Zinn and Saki Santorelli and is IIQTC certified in Tai Chi Easy.

Visit the SCOSA website at www.stockton.edu/scosa for listings of all SCOSA events, information, updates and cancellation procedures. # # #