



## Stockton Center on Successful Aging Presents 'Have Fun While Relaxing Your Body & Mind'

Learn & Practice Techniques at Thursday Events Beginning July 10

### ***For Immediate Release***

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**Contact: Maryjane Briant  
News & Media Relations Director  
Galloway Township, NJ 08205  
Maryjane.Briant@stockton.edu  
(609) 652-4593**

**Galloway Township, NJ-** The Stockton Center on Successful Aging (SCOSA) will present weekly workshops at the Galloway Community Services Senior Center, located at 621 W. White Horse Pike, Egg Harbor, NJ, from 10:30 a.m.-11:30 a.m. on **Thursdays beginning July 10.**

The practices taught in the classes will consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation, and relaxation. Through the practice, one will develop a greater sense of self-awareness, hone the attention of their mind, learn new movement skills and tools for better self-observation, and monitor overall well-being. These practices open you to experience life directly and allow you to be at peace.

Linda Schwartz will present the sessions. Schwartz has a B.A. from The State College of New Jersey. Her yoga and meditation practices began in 1972. She is a certified Integrative Yoga Therapist and a meditation instructor. Schwartz successfully completed training in Mindfulness Based Stress Reduction, the program from the University of Massachusetts Medical Center, with John Cabat Zinn and Saki Santorelli. She is IIQTC certified in Tai Chi Easy. Schwartz started teaching in 2001 and has taught for yoga studios, department stores, PAL, corporations, her own business, and private yoga therapy sessions.

One hour weekly classes will run July 10- Dec. 18, 2014 (excluding Thanksgiving Day). The cost is \$5 per session, collected by the instructor. No mats needed. Wear comfortable clothing.

The Center must have a minimum of 12 participants to continue the program, so plan to join the group and bring your friends! Register now by visiting the SCOSA website at [www.stockton.edu/scosa](http://www.stockton.edu/scosa) and clicking on the Older Adult Education navigation link, or call 609-626-3591. Visit the SCOSA website for listings of all SCOSA events, information, updates and cancellation procedures.

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