

Conditions that can improve and Mary has worked with Yoga Therapy ...

- Stress
- Back pain
- Chronic pain
- Fibromyalgia
- Sleep issues
- Anxiety
- Muscle weakness or tightness
- Chemical Dependency
- Fatigue
- Arthritis
- PTSD
- Sports Injuries
- Sleep issues
- Depression

and much more, check the website.

Benefits ...

- Stronger, flexible body and mind!
- Pain management, reduction or dissolution
- Spiritual growth
- Increased feelings of calmness
- Decreased stress
- Improved mood
- Less reactive behavior
- Increased acceptance
- Improved awareness
- Greater clarity

and more ...

Yogis have long known the importance of deepening awareness and sensitivity to cultivate peace within oneself. Structural Yoga™ Therapy and iRest provide tools to work at attaining that heightened sense of well-being.

Testimonials ...

“Mary evaluated my incessant sciatica concerns through consultation, muscle and range of motion testing to see how SYT could be applied. I feel the time spent with Mary and observing her prescribed home practice was when I began to heal. The program helped relieve pain and also gave me time to practice self-inquiry, mindfulness and relaxation. She helped me see how stress contributed to my inflammatory condition. Mary's caring and sensible approach to healing was the most natural and practical application of the mind/body connection theory I have experienced.”

“I started SYT with Mary after nine months of pain, numbness, and tingling in my legs due to a herniated disc. An epidural took care of the pain, but SYT helped re-align my spine and keep the pain away. When I practice I feel light and balanced. I've learned, if I don't do my yoga practice, pain returns – regular home practice, specific for my needs, is essential for continual success. Yoga poses for my back I believe have allowed me to avoid further epidural blocks and even possibly surgery. I highly recommend SYT with Mary as an effective intervention for structural problems.”

It was a very enlightening and helpful iRest session---a true gift! I consider it a privilege knowing you, Mary, and receiving your guidance. I continue to process all I've learned and all that presents itself to me. Trying to get the "I" out of it. I know this feeling, I have experienced it before, even though it's different, the pattern is the same. I am seeing connections and becoming aware that something transforming is taking shape in my life. Now I will remember to follow my heart next time rather than my head.

I welcome the sadness I feel as a result of the insights that arose during our iRest session. Past trauma living in me as shame has drained me of energy for decades but, now, I know why I've shown up as I do for all these years and there is relief in that knowing. I see acceptance is needed to move on and attain my heart-felt desire of loving myself, my body.

YOGA THERAPY



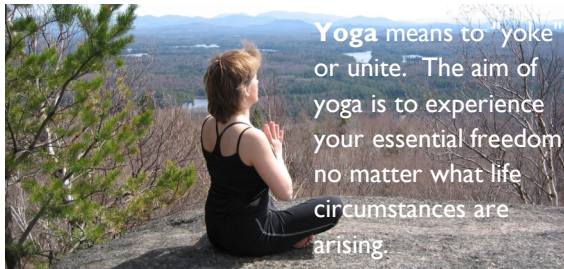
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Yoga Therapy

... practices to transform and unify your energy, body, mind, and spirit.



**Pain is Inevitable ...
Suffering is Optional** - Haruki Murakami

Yoga as therapy offers alternative methods for dealing with pain that have been developed and refined over the millennia and successfully utilized by millions of people, but often only after exhausting the most common avenues. Yoga provided the healing pathway for Mary 15 years ago when chronic neck and back issues became debilitating. The profound transformative qualities she experienced from yoga and meditation led her to what has become a lifestyle and career. She passionately teaches Yoga as Therapy - ancient practices that have been retooled for our modern era and its use by Westerners. Mary is certified to offer Structural Yoga™ Therapy and Integrative Restoration (iRest) Yoga Nidra Meditation.

Mary works to empower people in achieving their wishes for greater health and well-being, achieved by putting into action mindful practices to establish stability and poise.

Structural Yoga™ Therapy (SYT)

is an adaptive, one-on-one therapeutic yoga style, that is holistic in its approach. SYT supports your innate capacity for healing and healthy movement. Illness, stress, injury, and structural anomalies can disrupt your optimal and natural balance. SYT uses the ancient art of yoga to provide the focus and practices needed to feel a greater sense of ease and comfort.

Yoga experience is not necessary.



Integrative Restoration (iRest) Yoga Nidra Meditation

iRest is a research-based ancient transformative practice of deep relaxation and meditative inquiry that cultivates clarity, releases negative emotions and thought patterns, calms the nervous system, and develops a deep capacity to meet any and all life circumstances.

Research has shown iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain, and chemical dependency, and increases well-being. iRest essentially teaches you how to live a contented life by opening your mind and body to your inherent ground of health and wholeness.

Mary adapts Yoga practices to your individual needs ... step by step:

- Consultation to reveal client's needs.
- Physical evaluation if needed to determine root causes of any physical discomfort.
- Personalized program designed and taught may include any of the following: Yoga movements for strength, release and/or increased range of motion (hand-outs provided for home practice), breath-work, meditation, relaxation techniques, and lifestyle considerations from a yogic perspective to help balance energy.
- Reassess and adjust program as necessary.

Depending on the client's interests and goals, a single or multiple sessions may be booked. A realistic number of sessions for effectively addressing physical concerns is three sessions. Call, e-mail or check the website for rates.

Mary Bartel, ERYT-500

Primary certifications:

- Structural Yoga™ Therapist/Teacher
- Professional Kripalu Yoga Teacher
- Mindful Meditation and Integrative Restoration (iRest) Yoga Nidra Meditation Instructor
- Mindfulness Based Relapse Prevention Instructor
- Member of the Int'l Assoc. of Yoga Therapists and registered with the Yoga Alliance.

