

*When we are mindful
and deeply in touch with
the present moment,
our understanding of
what is going on deepens,
and we begin to be
filled with acceptance,
joy, peace and love.*

- THICH NHAT HANH

Learn to Meditate

PRIVATE SESSIONS

Quiet the mind, calm the body and feel at peace.

Do you ever experience your mind constantly spinning with thoughts, worries and ideas?

Do you try to relax, but the stillness and quiet intensify the thoughts and tension in your body?

Each of us longs for a calm mind, relaxed body and an inner sense of well-being, but we don't know how to ease the mental noise and soothe the body into relaxation.

These private meditation sessions will teach you how to meditate and work with the obstacles that you encounter in quiet and stillness.

You will learn:

- The framework for understanding your mind.
- The process of developing a meditation practice through body scans, relaxation and breathing exercises.
- How meditation can be an invitation to a deeper understanding of yourself and lead to a feeling of inner well-being.



Carly's teaching philosophy invites students to slow down, breathe consciously, develop awareness and cultivate an inner friendliness. She is an experienced yoga teacher in many disciplines, with certifications in Hatha and Yin yoga. She is a trained Somatic Yoga Therapist; specializing in helping people reduce symptoms and suffering who experience stress, anxiety,

low mood or chronic pain. The tools, practices and resources she teaches integrate the mind, body and heart. She is also an Insight Yoga teacher, which blends yoga and meditation with an exploration of the human spirit. In addition, she uses the Internal Family Systems model in her teaching. This is a therapeutic approach in self-discovery. She teaches private yoga and meditation sessions, writes a monthly blog and leads retreats around the world. Carly has been teaching yoga and meditation since 2002 and the founder of the the Beverly Yoga Center.

SESSION FORMAT

Each session is 60 minutes. These sessions require a 3 or 6-week commitment. The cost is \$225 for 3 private sessions or \$420 for 6 sessions. Single sessions are \$85.

**Contact Carly Carney directly at 773-239-9642
or carlycarney@mac.com to schedule your sessions.**

 **Beverly Yoga Center**

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*