

# Marley Keller Yoga



Emphasizing breath, alignment, and body awareness, Marley's goal is to help all students foster a better sense of self by finding the connection between their body, mind and spirit. Starting January 9th, Marley will be sharing her passion for helping others through Yoga at The Cometa Wellness Center with ParaYoga every Monday!

## ParaYoga Classes

**Monday, January 9th 9:30 AM - 11:00 AM**

**\$15 a class or 5 weeks for \$65**

**(717) 682-5364**

**Contact: [Marley@marleykeller.com](mailto:Marley@marleykeller.com)**

**[www.marleykeller.com](http://www.marleykeller.com)**

Marley graduated from Goucher College where she studied Eastern and Western psychology, labanotation, movement analysis, Skinner Releasing Technique, and Bartenieff Fundamentals. In 2006, she received her 200 hour yoga teacher training from the Kripalu Center for Yoga and Health. She spent the next 3 years dedicated to completing both a 200 and 500 hour teacher training program with an emphasis on yoga therapeutics at Golden Heart Yoga in Annapolis MD. She has studied with some extremely talented yoga masters including **Rod Stryker, Victor Van Kooten, and Arthur Kilurray.**

She is trained in prenatal yoga, yoga for athletes, mommy and me yoga, kids yoga, preteen and teen yoga, and yoga for special conditions. She specializes in one-on-one yoga therapy for people with chronic and acute medical conditions. She has experience teaching workshops to those of all ages covering a wide range of yogic concepts.