

FAQs

What do I need for my first class? All you need is yourself, comfortable clothing, and a yoga mat. If you do not have a yoga mat, there are some available for use.

What should I expect at my first class? Make sure to arrive at least 10 minutes early to check in, make payment, put things aside, settle in, and meet the instructor. Classes include a short meditation, breathing exercises, gentle movements, a series of sequenced poses, and ends with a final relaxation in silence.

What if I have an injury, health condition, or concern? Please try to arrive early to talk with the instructor about your concerns. Together, we will determine what is best for you, any poses to avoid, props or modifications needed, and help you on your way to the best possible experience. (All information is confidential).

How long before I notice results? Yoga works best through regular practice; however, there are some short term results noticeable after the first class, including a sense of peaceful relaxation, ease, and an overall sense of well-being. Typically, 6-8 weeks of yoga begins to alleviate symptoms of conditions such as arthritis, low back pain, etc.

To learn about seasonal specials and offerings visit our website at www.simondshurd.com or read our quarterly newsletter. Call 978-665-5800 to be added to our mailing list.



Directions

To UMass Memorial - HealthAlliance Hospital – Burbank Campus

From the east: Take Route 2 West to Exit 32 (Route 13 North). Take Route 13 North toward Lunenburg until Route 13 ends at the Route 2A stoplight (approximately 4.5 miles). Turn left and head west on Route 2A. At the first set of traffic lights, turn right onto John Fitch Highway. Continue to the stop sign at Route 31. Turn left at stop sign. Shortly after turning, look for the Burbank Campus on the hill on the right. Follow signs for “Wellness Center” and park in parking lot opposite Entrance 2. Enter through Entrance 2 and center is immediately on your left.

From the west: Take Route 2 East to Exit 31B (Route 12 North). Take Route 12 North toward Fitchburg for 1.7 miles. Turn right at Bemis Road at traffic light. Proceed through four traffic lights and a blinking yellow light until stop sign at Route 31. Turn left at stop sign. Shortly after turning, look for the Burbank Campus on the hill on the right. Follow signs for “Wellness Center” and park in parking lot opposite Entrance 2. Enter through Entrance 2 and center is immediately on your left.

From the south: Take I-190 North to Route 2 West, Exit 32. Take Route 13 North toward Lunenburg until Route 13 ends at the Route 2A stoplight (approximately 4.5 miles). Turn left and head West on Route 2A. At the first set of traffic lights, turn right onto John Fitch Highway. Continue to the stop sign at Route 31. Turn left at stop sign. Shortly after turning, look for the Burbank Campus on the hill on the right. Follow signs for “Wellness Center” and park in parking lot opposite Entrance 2. Enter through Entrance 2 and center is immediately on your left.

Simonds-Hurd Complementary Care Center

Yoga Program



UMass Memorial - HealthAlliance Hospital
Burbank Campus – Entrance 2
275 Nichols Road
Fitchburg, MA 01420

Phone: 978-665-5800
Website: www.simondshurd.com

 UMassMemorial
HealthAlliance Hospital



What is Yoga?

Yoga is an ancient healing practice that promotes health by uniting the body, mind and spirit. The practice includes physical postures (to tone, strengthen, balance and center), breath work (to direct energy and inspire a sense of calm and well-being), and meditation (to focus, center, and still the mind). This approach creates an environment that supports body, mind and spirit in the experience of deep relaxation, where natural healing can take place.

Yoga is suitable for all abilities and levels. Choose a class based on the theme that is appropriate.

Restorative Yoga is a gentle, supported practice aimed to slowly release tension in the body through the use of props. **Yoga for Stress** uses a range of gentle and active poses to relieve tension, strengthen, and increase flexibility in the body. **Yoga for Fitness** is an active yoga practice to build strength, endurance, and balance through flowing yoga postures. Each yoga class uses postures in combination with mindfulness meditation and awareness of the breath to ease tension and promote relaxation and tranquility.

Who Can Benefit?

A regular yoga practice can benefit ALL through stress reduction, relaxation, increased fitness and immunity. Yoga has also been shown to be a **beneficial complement** in relieving symptoms and side effects of many common health conditions, including: **arthritis, anxiety, insomnia, sciatica, high blood pressure, common low back pain, heart disease, headaches, osteoporosis, carpal tunnel, scoliosis and more.** Yoga can improve digestion, combat chronic fatigue, and assist in pain management.

Approaches

Yoga helps us listen to our bodies and respond to it more rapidly. In **all of Linda's group classes**, there is a focus on mindfulness meditation to increase awareness of sensations in body, mind, and breath. This awareness, combined with the presentation of modifications and variations in postures, allows your practice to fully support the needs and abilities of your body. Your practice is unique to you. You will be guided in each pose to safely strengthen, tone and stabilize the body. The use of chairs, blankets, blocks, straps, and bolsters is provided. All levels and abilities are welcome. Come as you are.

In addition to what is offered in her group classes, private and semi-private sessions take a more in-depth look at supporting ongoing health issues, recovery from injuries, and/or developing a deeper, personal practice. This leads to a more profound understanding of the patterning of the mind, body and spirit.

Private or semi-private sessions with Linda can be scheduled for Thursdays or Saturday.

Rates

Private	1 hr	\$65
	4 sessions	\$200
Semi-Private	1 hr	\$80
	4 sessions	\$300

Sessions are held at the center. Please contact Linda directly at 860-455-5430 to schedule.

Your Yoga Instructor

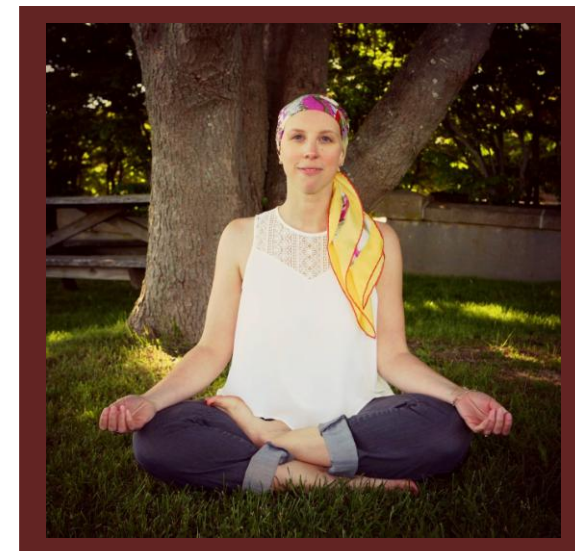


Photo by Peter Black

Linda Nutter Snay, RYT

Linda believes yoga is deeply and truly beneficial to everyone and that **everyone can do yoga**. She is honored to help individuals find their unique path on the journey of yoga. Linda encourages the idea "to make the pose fit the person," not the other way around, as our bodies have lived unique experiences. She presents her classes with thoughtful sequences, gentleness, and deep compassion.

Linda received her Hatha Yoga Teacher Certification in 2007, is a Register Yoga Teacher with Yoga Alliance and a member of the Yoga Service Council.