

Classes Available Now:

- Yoga for Women's Anxiety and Weight Management - Tuesdays at 5:30pm
- Yoga for Families: all the kids and 1 or both parents! - Thursdays at 5:30pm

Dream Group beginning on Oct. 6:

- Tuesdays at 7:00 pm

Hands-On Sessions by appointment:

- Reiki
- Somatic Body Therapy

Individual Sessions by appointment:

- Stress Management
- Relaxation Training
- One-on-One Yoga
- Yoga for the Physically Challenged



Space is

limited,

Call Today!



Jeanne M. Schul, MA, RSMT

has Masters degrees in both Psychology and Dance and is a Registered Somatic Movement Therapist, Certified Land to Water Yoga instructor, and Reiki Master. She has over 30 years of experience working with adults, teens and children.



THE SCOTT CENTER™

for clinical and exercise psychology

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