

FOR IMMEDIATE RELEASE

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Yoga Classes Now Being Offered by SMH's RehabFIT

PLYMOUTH, N.H.---Yoga classes are the latest addition to RehabFIT's programming at Speare Memorial at Boulder Point, 103 Boulder Point Drive in Plymouth. Taught by Certified Yoga Instructor Kathie Fournier, yoga classes are held Mondays at 5:15 p.m. in the Community Room, also located at Speare Memorial at Boulder Point.

Over the past several years, yoga has experienced an upsurge in popularity in the western world among medical professionals and celebrities alike. While many associate yoga with new age mysticism or the latest fad at the gym, yoga is an ancient practice that helps create a sense of union in body, mind, and spirit—it brings balance.

“Anyone can ‘do’ yoga —no matter where you are in life, what your age or your ability level”, says Fournier. “There are modifications for every pose and the practice of yoga is to attune the mind and body for greater self and body awareness.”

While the physical benefits of yoga include creating a toned, flexible, and strong body, it also improves respiration, energy, and vitality; helping to maintain a balanced metabolism and cardiovascular health. Yoga also helps you relax and handle stressful situations more easily, teaching you how to quiet the mind so you can focus your energy; and encouraging positive thoughts and self-acceptance. From the spiritual perspective, the practice of yoga can build a better awareness of your body, your feelings, the world around you, and promotes interdependence between mind, body, and spirit.

Fournier incorporates several different teachings into her classes and participants of all levels are welcomed, modifications are made for beginners as well as for individuals with a seasoned practice. In her classes there is generally a flow of vinyasas (sun salutations), with standing and floor postures integrated. She likes to focus on the breath, and meditation is encouraged, as well as laughter and lightheartedness.

Kathie Fournier received her first certification in 2002 in Bija Ananda Yoga and has since added Ashtanga Yoga to her practice. In learning Ashtanga she quickly became attuned to the flow of postures linked together with the breath. Fournier describes it as, “The grace of postures that felt like a dance. It seemed natural to let go of the mind when there was such concentration on breath and body.” She completed her training at ATOM Yoga in 2007 and has also received a certificate from the Kripalu Center for Yoga for Anxiety and Depression in Stockbridge, Mass.

For more information on yoga classes or other RehabFIT programs call (603) 238-2225. RehabFIT is Speare Memorial Hospital's rehabilitation services department offering comprehensive outpatient physical and occupational therapy. In January, its new Medical Fitness program was opened to the public in the department's new Boulder Point location.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

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