

## Molly Williams

Molly sees the yoga mat as a place where students can connect deeply and fully to the experience of being human. Her practice moves more slowly to encourage meditation in movement, listening deeply in each pose to what the body, mind and heart need to feel stronger, more balanced, and at peace. Molly likes to lighten her classes with laughter and an occasional “free dance!” moment.

Molly received her 200-hour yoga teacher training under Larisa Forman and Vito Politano and yin yoga certification under Sagel Urlacher. She has a private practice in Salem as a life coach, Reiki Master, and teaching yoga and meditation to beginners.

Molly teaches Restorative Yoga on Sundays (4:30-5:45pm) and Yin Yoga on Thursdays (9-10:15am). You can read more about Molly on her website, [www.mollywill.com](http://www.mollywill.com)

