



Mellow Flow Yoga

A comprehensive approach to mind, body, and
spirit.

Mellow Flow Yoga

Judy M. Mumford-Sullivan

Judy is a RYT 200 Yoga Alliance certified teacher and the founder of Mellow Flow Yoga. She has been a Financial Advisor and in the corporate world for over 29 years. 15 years ago she found practicing yoga, meditation and mindfulness helped her to stay grounded and centered in her own life. Her passion is to share these practices and principals with as many people as possible. She wishes to inspire and elevate all people to live their best life through the harmony of yoga, meditation and mindfulness. Judy's hope is that you leave her class or retreat feeling restored and renewed; full of inner peace, inner strength and internal happiness. She encourages you to share these practices and principals with everyone you meet to create a better world.



Stress in the Workplace...

- Eight in Ten Americans say they frequently encounter *stress* in their lives.
- *Stress* can impact the Immune, Cardiovascular, Gastrointestinal and Endocrine Systems
- Constant *stress* means body remains in “fight or flight” mode and is exposed to cortisol and other stress hormones.
- Mental *stress* affects cognitive and memory and increases likelihood of developing anxiety and depression.
- In the USA 1 million employees are absent every day because of *stress*. 40% of turn-over is stress related.

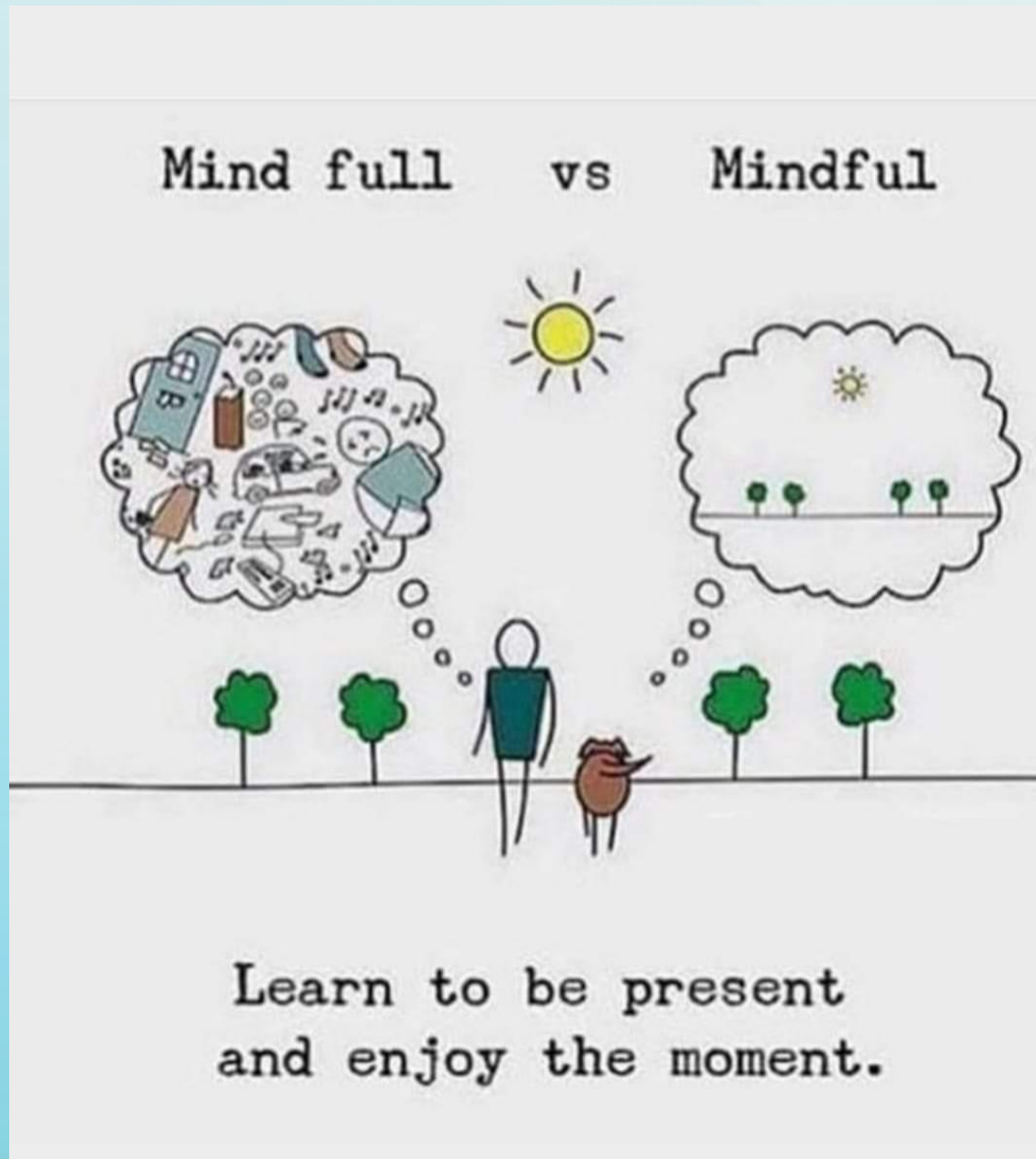
Harvard Medical School Study...

- Monitored 16 test subjects who meditated on their breath for 30 minutes / day over 8 weeks.
- Tracked changes to the physical structure of the brain using MRI scans.
- **Results...**
 - **Increase** in the size of the Hippocampus.
 - Part of the brain responsible for...
 - **Learning, Memory, and Spatial Orientation.**
 - **Decrease** in the size of the Amygdala.
 - Part of the brain responsible for...
 - **Fear, Anger, and Stress.**

in the WORKPLACE...and a move towards WELLNESS...

- **Mindfulness**...creates more focused employee's
 - Mindful eating...
- **Meditation**...reduces Stress, Anxiety, and Depression
- **Yoga**...promotes physical Activity, Flexibility and Balance
 - Especially important in jobs with low physical requirements (Office, driving, etc...)
- **Team Building**...creates more unity in the workplace.

Mindfulness...creates more focused employee's



Mindful Eating...



Meditation...reduces Stress, Anxiety, and Depression



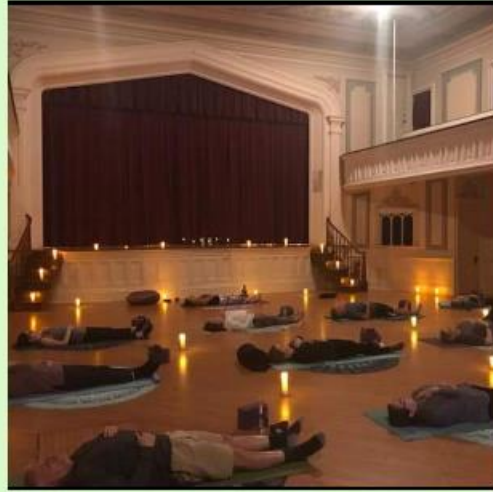
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Team Building...creates more unity in the workplace.



Retreats



Join Mellow Flow Yoga for a day, evening or weekend retreat. A retreat will encourage you to leave the outside world behind, step away from all stresses and drains on your time and energy, and instead put the focus on doing less and being more. We focus on balancing the mind, body and spirit through the harmony of yoga, meditation and mindfulness. Retreats are held at the historic Oneida Community Mansion House. The mansion is nestled among the rolling hills of Madison County in Upstate New York.

<http://www.oneidacommunity.org/>

- Day Retreats
- Evening Retreats
- Weekend Retreats
- Corporate Retreats
- Private Retreats at your location



Balance Your Mind, Body, and Spirit

Live each day with intention and positivity. You can achieve this through the harmony of yoga, meditation, and mindfulness. Mellow Flow Yoga is focused on enriching the lives of all people by putting mindfulness, yoga, and meditation at the center of your life. Through this we can achieve our inner peace and learn more about ourselves on a deeper level.

The image features a motivational quote in a black, handwritten-style font. The text is arranged in three lines: "NEW DAY.", "FRESH START.", and "LET'S GO!". The background is a soft-focus photograph of a sunrise over a body of water, with a bright sun low on the horizon creating a golden glow and reflecting on the water's surface. The sky transitions from a pale yellow near the sun to a light blue at the top. The overall mood is bright, fresh, and optimistic.

NEW DAY.
FRESH START.
LET'S GO!