

## Directions to Class Sites

### **Couch Beach via Couch Cemetery, off Union Street, Marshfield**

From Route 139 (Pembroke), turn onto Old Oak Street (which becomes Union Street) at the lights near the Christmas Tree Shops. Follow Old Oak/ Union Street 1.8 miles to #629, and the driveway for Couch Cemetery (on left). Follow cemetery road to large metal gate. We will park outside the gate. Bring sturdy walking shoes.

From Route 3A (Marshfield), Turn onto Pine Street at St. Christine's Church. Follow Pine Street until it ends, then turn right onto Union Street. Follow Union Street to #629, on the left, which is also the driveway for Couch Cemetery. Follow cemetery road to large metal gate. We will park outside the gate. Bring sturdy walking shoes.

*Please note: the Union Street Bridge is closed for repair!*

### **YWCA, Ferry Hill Road, Marshfield**

From Route 3A north (Marshfield), turn right onto Ferry Street at Cherubs Day Care. Follow Ferry 1.5 miles to Church Street, and turn left on Church. Follow Church Street 1.2 miles to intersection with Summer and Elm Streets. Bear right at intersection, and follow Elm Street 1/2 mile to intersection with Ferry Hill Road. Turn left on Ferry Hill Road. The driveway to the YWCA is on the left.

From Route 3A south (Marshfield/Scituate line), turn left onto Summer Street. Follow Summer Street 2.6 miles to the intersection with Elm and Church Streets. Bear left at the intersection, and follow Elm Street 1/2 mile to intersection with Ferry Hill Road. Turn left on Ferry Hill Road. The driveway to the YWCA is on the left.

### **Rexhame Dunes at Rexhame Town Beach, Marshfield**

From Route 139 eastbound (Marshfield), turn left on Winslow Street (just after Nessralla's Farm). Follow Winslow Street (which becomes Standish Street about half way) 1.5 miles, to the end, where you will find a large town parking area. Class meets in the sand dunes by the river -- look for a large metal gate in the back corner of the parking lot, near the basketball hoop. No parking sticker is required, as we have special permission to use the parking area until a little after 10:00 am.

### **Indian Head River Conservation Area, West Elm St., Pembroke**

From Route 53 northbound (Hanover), turn left onto Broadway at Sovereign Bank. Follow Broadway 1/4 mile to the fork in the road & intersection with Elm Street. Turn left on Elm Street, and follow it 3/4 mile, until you cross the Indian Head River. The parking area is on the right.

From Route 53 southbound (Hanover), turn right onto Broadway at Sovereign Bank. Follow Broadway 1/4 mile to the fork in the road & intersection with Elm Street. Turn left on Elm Street, and follow it 3/4 mile until you cross the Indian Head River. The parking area is on the right.

### **Driftway Conservation Area, Scituate**

From Route 3A north (Scituate), enter the rotary at the Route 123 intersection, and take your first right, onto the Driftway (between Driftway Medical Center and Jacob-Hatch Building). Follow Driftway 3/4 mile. The parking area for the Conservation Area is on the right, just beyond (and across the street from) the Widow's Walk Golf Course.

From Route 3A south (Scituate), enter the rotary at the Route 123 intersection, and go two-thirds of the way around, then bear right onto the Driftway (between Driftway Medical Center and Jacob-Hatch Building). Follow Driftway 1/2 mile. The parking area for the Conservation Area is on the right, just beyond (and across the street from) the Widow's Walk Golf Course.

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
NORWELL, MA  
PERMIT No. 59

NSRWA  
PO Box 43  
Norwell, MA 02061



The North &  
South Rivers  
Watershed  
Association  
presents

# YOGA at the River's Edge

OUR 13th YEAR!

Saturday Mornings  
June 13 to  
September 19, 2009  
8:30-10:00 a.m.

## Yoga at the River's Edge

*Yoga is a delightful way to begin a summer day! It can help reduce stress, increase muscle tone, improve flexibility, and much more. Classes incorporate meditation, gentle stretching, breathing techniques, hatha yoga postures, and guided relaxation, and take place at various scenic outdoor sites along the North and South Rivers.*

*The Yoga at the River's Edge program, now in its 13th season, was founded in 1997 by Kezia Bacon-Bernstein, a yoga teacher who wanted to combine her enthusiasm for yoga with her love of the North and South Rivers. Kezia hoped that by participating in these classes, her students would gain increased awareness and appreciation both of their inner selves and of the rivers, marshes, and streams of the North and South Rivers Watershed.*

*To date, more than 750 people have participated in the Yoga at the River's Edge program. We hope you'll try a class with us this summer.*



## About NSRWA

*The North and South Rivers Watershed Association is a non-profit organization dedicated to the preservation, restoration, maintenance and conservation of the natural resources of the North and South Rivers. For more information, call 781-659-8168 or visit [www.nsrwa.org](http://www.nsrwa.org)*

*Donation per class: \$10 per person for NSRWA members • \$12 non-members*

*Please bring a yoga mat, blanket, or a towel (large enough to lie down upon). You may also like a blanket to place under your yoga mat to accommodate your outstretched arms and legs. Dress in layers — the temperature at these outdoor sites can change quickly and dramatically as the sun rises or as clouds move in. Other supplies to consider: drinking water, bug repellent, sunscreen, hat, sunglasses.*

*\* Please note: At Couch Beach, we are no longer permitted to drive all the way down to the river. Please bring good walking shoes for an approximately 1/4 mile hike over uneven terrain. The Union Street Bridge is closed for repair, so plan your route accordingly!*

*Classes are cancelled on rainy days. For more information, call Kezia at 781-837-7093 or visit [www.nsrwa.org](http://www.nsrwa.org).*

## Dates and Locations

*All classes are 8:30-10 a.m.*

- June 13** ..... with Kezia Bacon-Bernstein  
at Couch Beach on the North River\*
- June 20** ..... with Kate Stone  
at Marshfield YWCA (on Little's Creek)
- June 27** ..... with Jerry Mulhall  
at Indian Head River Conservation Area
- July 4** ..... with Claire Manganello  
at Marshfield YWCA (on Little's Creek)
- July 11** ..... with Page Railsback  
at Rexhame Dunes
- July 18** ..... with Kate Stone  
at Indian Head River Conservation Area
- July 25** ..... with Marnie Bacon  
at Marshfield YWCA (on Little's Creek)
- August 1** ..... with Mary Whidden  
at Rexhame Dunes
- August 8** ..... with Mary Norton  
at Driftway Conservation Area
- August 15** ..... with Jerry Mulhall  
at Rexhame Dunes
- August 22** ..... with Claire Manganello  
at Indian Head River Conservation Area
- August 29** ..... with Marnie Bacon  
at Indian Head River Conservation Area
- September 5** ..... with Mary Whidden  
at Rexhame Dunes
- September 12** ..... with Kezia Bacon-Bernstein  
at Couch Beach on the North River\*
- September 19** ..... with Kezia Bacon-Bernstein  
at Couch Beach on the North River\*

## About The Teachers

Kezia Bacon-Bernstein, founder of Yoga at the River's Edge, has been practicing yoga since 1990. She earned her basic yoga teacher certification in Kripalu Yoga in 1997, and her advanced certification in 2003. Kezia teaches several weekly classes in the Marshfield area. She also offers workshops and private sessions in yoga, breathing and meditation. She produced her first instructional CD, Gentle Yoga, in 2008. Visit [www.hellokezia.com](http://www.hellokezia.com).

Marnie Bacon is a soulful and compassionate yoga teacher who earned her basic certification in Kripalu Yoga. In addition, she is certified in Kripalu Bodywork, Kripalu Danskinetics, and vinyasa yoga. Currently based in Marshfield, she offers various yoga classes and workshops, including yoga for empowering young women, monthly Kirtan and enlivening yoga/dance. Forever a student of yoga, Marnie finds herself quite inspired by Anusara yoga and travels regularly to study with her teachers. Visit [www.themarniebaconshow.com](http://www.themarniebaconshow.com).

Claire Manganello earned her basic yoga teacher certification at Kripalu in 2007, and is also certified in Trauma Sensitive Yoga and Restorative Yoga. She has trained extensively in yoga and movement therapy for children. Claire has facilitated mindfulness & breathing techniques within groups in a residential setting and in school classrooms, often for individuals with cognitive disabilities. She leads a gentle class and chair yoga at a senior center; facilitates a gentle/moderate yoga practice for the staff at a residential facility; and subs at local fitness centers.

Jerry Mulhall, a longtime yoga enthusiast, earned his basic yoga teacher certification in Kripalu Yoga in 1997. Since then, has taught a variety of yoga programs on the South Shore. Jerry currently teaches at Dragonfly Yoga Studio, the Kingsbury Club, the Hanover YMCA, and also conducts private yoga sessions.

Mary Norton, owner and director of The Cohasset Yoga Center, has been teaching yoga and meditation on the South Shore for many years. She also has a private massage therapy practice in Scituate.

Page Railsback is an artist, a registered Polarity Practitioner, and has taught yoga and holistic health for 30 years. Her practice at North Street Studio in Hingham includes art classes, "energy balancing" bodywork, Yoga/Painting workshops, and private yoga. Visit [www.pagerailsback.com](http://www.pagerailsback.com).

Kate Stone has been teaching Kripalu yoga for 6 years and as a practitioner of Traditional Chinese Medicine, she combines her knowledge of the body and its meridian systems with the yoga postures done in class. Kate especially enjoys giving yoga students easy-to-apply health information in class, to take home and use in their own practice. Kate teaches at Dragonfly Yoga Studio and is owner of Stone Acupuncture in Marshfield, offering Acupuncture and Chinese Herbal Medicine.

Mary Whidden earned her basic yoga teacher certification at Kripalu in 2001. She teaches yoga at various locations on the South Shore, presents yoga workshops, and is available for private lessons. She is the Director of the Yoga Teacher Training Program for Fitness Resources Associates. She has a B.S. in Physical Education and is an ACSM certified Personal Trainer. Mary is the former co-owner of Whidden's School of Fitness, Inc. in Marshfield.