

From: Light of the Heart Yoga addie@lightoftheheart yoga.com
Subject: Being in Sync with Nature
Date: December 12, 2020 at 1:25 PM
To: addie.alex@verizon.net



*Moving
from
Darkness
to
Light*

*Being in Sync
with Nature*

You are warmly invited to this mini Solstice Retreat, via Zoom, which includes:

- 3 one-hour sessions
- Yoga & meditation
- Saturday, Sunday, Monday 12/19 – 12/21. 9:30 – 10:30 am.
- Recordings available.

Winter Solstice, Dec. 21 this year, has the fewest hours of sunlight. It's a time of year when the sun appears to "stand still". What is happening in nature is supporting us in finding inner stillness and light. Come and celebrate moving from darkness to light within nature, within yourself.

Fee: \$39. Payment options: Venmo (@Adeline-Alex); [website](#); mail to 173 Union St. Holliston MA 01746

Namaste,
Addie



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