



BLISS YOGA WEEKEND

April 25 - 26, 2020 Being Deeply Relaxed & Alert

Time For You Yoga
2155 Diamond Hill Rd.
Cumberland, RI

You are hard-wired for bliss! Discover how easy it is to remove the blocks to this ever-existent inner flow. Bliss, ananda, is greater than the bliss we associate with the senses. The bliss of your essential nature arises from inside and is not dependent on having or getting more on the outside.

For beginning and advanced practitioners, this weekend includes well-supported yoga poses, a yoga breathing practice, contemplations from the ancient texts, and discussion to help bring your bliss into daily life.

All the elements of the Bliss Yoga Weekend combine to melt away the layers of tension that

keep you from experiencing the bliss of being. You gain access to the deeper, more satisfying levels of your own Self.

Sat & Sun - 9 am - 5 pm
Mornings and afternoons are dedicated to yoga class, discussion and talks. Mid day enjoy a two hour lunch break.

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Led by Addie Alex, CSYT, RYT

Addie owns and operates Light of the Heart Yoga™ in Holliston, MA and is a certified *Svaroopa*® yoga teacher/therapist. She has been serving our community of *Svaroopa*® yoga enthusiasts/teachers as a workshop leader since 2008.

Addie has been teaching *Svaroopa*® yoga for 21 years and has completed many levels of advanced certification. She is dedicated to the science and practice of *Svaroopa*® yoga and meditation.

Cancellation Policy

Full refund (less \$25.00 processing fee) until 3 weeks before course begins. 50% refund (less \$25 fee) up to 2 weeks before. No refund if cancelled during the 2 weeks immediately preceding this event. (If there is a waiting list AND we can fill your spot at the same level of enrollment—we may issue a refund – less \$25 fee.)

Sign Up

Please complete this form and mail with payment to:

Time for You Yoga 2155 Diamond Hill Road Cumberland, RI 02864

\$50 Deposit will Save Your Spot!

Name _____

Address _____

Phone _____

Email _____

Early Registration - Save \$50 (when paid by 3/28/20)

I will be attending as...

_____ Early/\$255 Registration - before 3/28/20

_____ Regular/\$305 - after 3/28/20