

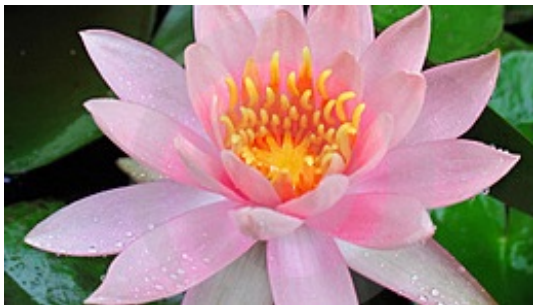
**From:** Light of the Heart Yoga [addie@lightoftheheart yoga.com](mailto:addie@lightoftheheart yoga.com)  
**Subject:** Bliss Yoga, Saturday 4/25  
**Date:** April 19, 2020 at 1:53 PM  
**To:** [addie.alex@verizon.net](mailto:addie.alex@verizon.net)



## **Bliss Yoga workshop**

**Saturday, April 25, 9:30 am - 12:30 pm**

### **You are hard-wired for bliss!**



Discover how easy it is to remove the blocks to this ever-existent inner flow. Bliss, also known as 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.

Time For You Yoga  
Zoom Conference  
Led by Addie Alex,  
CSYT, RYT

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For practitioners of any level, this Svaroopaa® workshop includes well-supported yoga poses, a yoga breathing practice, and contemplations from the ancient texts, to help bring your bliss into daily life.

Space is Limited  
Pre-registration Required

Please call or email Maria Sichel to save your spot  
401-305-5319

[\*\*sichel.maria@gmail.com\*\*](mailto:sichel.maria@gmail.com)

\$70

Checks payable to  
Time For You Yoga  
2155 Diamond Hill Rd  
Cumberland, RI 02864

Maria will contact registrants with link and props needed for the workshop.

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## Light of the Heart Yoga

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