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Light of the Heart
Yoga™

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BENEFITS OF YOGA



So many people do yoga, know of yoga or know someone who practices yoga. A 2012 Yoga Journal study indicated that "8.7% of U.S. adults, or 20.4 million people, practice yoga. Of current non-practitioners, 44.4% of Americans call themselves 'aspirational yogis' - people who are interested in trying yoga". The previous study (2008) showed that 15.8 million people practiced yoga. That's an increase of 29%!

The many benefits of yoga can help explain the interest [view more . . .](#)

Namaste,
Addie

SCHEDULE OF CLASSES: ALL COURSES ARE ONGOING. JOIN AT ANY TIME. *Fall classes start the week of September 9th. Except Saturday class starts September 7th.*

Monday 9:30-11 am **Continuing Yoga**, 8 wks/\$144. With Addie.

Monday 7-8:45 pm **Deeper Yoga***, 8 wks/\$176. With Addie.

Tuesday 6:30-8 pm **Continuing Yoga**, 8 wks/ \$144. With Addie.

Wed 9:30-11:15 am **Bliss Yoga***, 8 wks/\$176. With Addie.

Wed 7-8:30 pm **Beginner/Continuing** 8 wks/\$144. With Kristin Lewis 508-479-4192

Thurs 9:30-11 am **Beginner/Cont**, 8wks/\$144, w/Annette Bongiorno 508-479-4894.

Thurs 7-8:30 pm **Yoga for Your Back**, 5 wks/\$95, w/Addie. Nov 7, 14, 21, Dec 5, 12.

Sat 10-11:30 am **Beginner/Continuing** 8 wks/\$144 with Kristin 508-479-4192.

Sunday 4-5:30 pm. **New!** Introductory Offer: **Intro to Svaroopa® yoga**. 4 wks/ \$60.
Oct 20 - Nov 10. 4 - 5:30 pm.

DROP IN FEE: Continuing or Beginner classes \$23. Deeper or Bliss classes: \$27

NO CLASS: Saturday: Sept 14. Monday: Oct 14 & Nov 11. Wednesday: Oct 2. Thursday: Oct 17

*This course has requirements. Please speak with Addie Alex, Leading Teacher, CSYT, RYT

Private Sessions

Private sessions boost your yoga practice, your healing and your connection to yourself. Each session is equivalent to approximately 6 yoga classes. Consider making private sessions a part of your yoga practice - weekly, monthly or occasionally. The benefits of yoga automatically get increased for you.

Fees: \$85 w/ Addie; \$75 w/ Annette; \$80 w/ Kristin.

Contact Information

Addie Alex RYT, CSYT: 508-380-6903. addie@lightoftheheartyyoga.com

Annette Bongiorno RYT, CSYT: 508-479-4894. Annette@YogaforYourSelf.com

Kristin Lewis RYT, CSYT: 508-479-4192. rabbitsdancefarm@mac.com

UPCOMING EVENTS

Connect with the Power of your Breath. A yogimmersion weekend with Addie. November 2-3. Heartfull Living yoga studio. E. Falmouth MA

Discover how the quality of your breathing can change dramatically, affecting the quality of your life. As your breath opens, you feel more alive in your body, mind and spirit. Find how easy it is to connect with the power of your own breath! [view more...](#)

December 8th Workshop: Details TBA

Yoga for Your Back: with Addie

The gentle approach of this course unravels muscle tension along the spine addressing chronic back pain, foot and leg cramps, limited range of movement, shoulder discomfort, low back pain, numbness, poor posture, chronic headaches, TMJ and more.

Thursdays: Nov 7, 14, 21 Dec 5, 12. \$95/ 5 weeks.

NEW! Introductory Offer: INTRO TO SVAROOPA® YOGA

This 4 week course introduces you to the primary poses of Svaroopa® yoga including their benefits. Addie, Annette and Kristin teach at least one of the classes allowing you to meet all the teachers at the studio. Participants will be able to easily choose another course on the schedule once Intro to Svaroopa® yoga is completed.

Sundays: Oct 20, 27 Nov 3 & 10. \$60/ 4 weeks

FOUNDATIONS

Whether you are a new yogi, an experienced Svaroopi or coming from another yoga style - Foundations of Svaroopa® Yoga will give you a deep experience and the information you need to practice yoga on your own at home. Learn how to get the most benefit from your practice with refined techniques, as well as a clear understanding of how it works.

This course opens the door for you to be able to teach introductory classes to beginning students.

November 8-12. Exton PA with Polly Dibella

To register: Master Yoga: programs@masteryoga.org or call 866-588-9642

***Svaroopa® Sciences Conference* Alignment with Grace
A Yoga & Meditation Conference**

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Soak up the yoga in community with other yogis and experience how shared practice supports and amplifies your inner openings. Abide in the bliss of your own Being. Steep in your own Divinity. Do the practices, catch the Grace!

Addie will be teaching and assisting at the conference. Speak with her if you have questions.

For more information go to: [www.svaroopayoga.org](http://www.svaroopayoga.org)

**Studio Etiquette: Perfumes & scented creams**

Be aware that a scent you are fond of may bother someone else. Please refrain from wearing perfumes or scented creams. Your effort is much appreciated. Thank you.

### Gift Certificates

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Yoga gift certificates are great gifts for relaxation, rejuvenation, healing and more. Certificates are also available for yoga props and products. Contact Addie: 508-380-6903

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