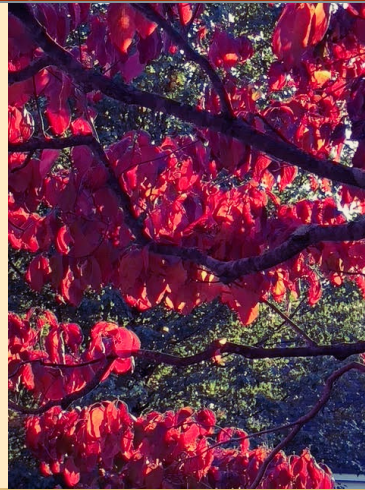


# **FALL YOGA SCHEDULE 2021**



**Namaste Adeline,  
Welcome back to Light of the Heart  
Yoga via Zoom! I'm looking forward to  
being with you and trust you are  
enjoying these beautiful summer days!  
There are a few changes which may  
require an adjustment in your schedule.  
Since I'm moving toward a new chapter  
in my teaching career, there are just 2  
courses this fall.**

## **COURSES:**

***Continuing-Plus, Tues. 6:30-8:15 pm. Sept. 28-Nov.16. These  
classes are longer (105 min.) and include deeper elements.***

***Continuing-Plus, Wed. 9:30-11:15 am. Sept. 29-Nov.17. These  
classes are longer (105 min.) and include bliss elements.***

***Prerequisite for either course: Must have a daily yoga practice***

***Fee: \$192/8 weeks***

***If this schedule does not work for you, let me know. I can share other  
on-line Svaroopo yoga class options.***

## **OTHER OFFERINGS: All are welcome**

- ***Holiday Bliss Class: Saturday 12.11.21, 9-11:30 am. Fee:  
\$39***
- ***3 Free Shavasana & Ujjayi sessions. Wednesday 6:30-7 pm  
Oct. Nov. Dec. (One/month) Dates to be announced***

## MISSED CLASSES:

If you need to miss a class, you'll automatically receive an email with a link to the recording.

**RECORDINGS** of classes you've attended are available. Please let Addie know before the start of class. Fee: \$5

**TO REGISTER:** Print, fill out and sign the [registration form](#). Please return by mail to 173 Union St. Holliston MA 01746

## PAYMENT CHOICES:

- Mail payment and registration form to above address. Indicate which course you are choosing.
- Venmo: @Adeline-Alex or addie.alex@verizon.net
- Website: [Gift certificates page](#) "105 minutes, 8 wk course"

## TO RECEIVE YOUR COURSE LINK:

- [Send an email](#) with the Subject line "registration & payment in process"



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Yoga™

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