

**Give yourself
the gift
of Bliss!**



Namaste Adeline,

You are warmly invited to luxuriate in the reliable *Svaroop*® Yoga poses to wake up and massage your spine as your attention turns inward to the source of bliss.

DATE: Saturday, December 11th. Via Zoom. 9 - 11:30 AM. FEE: \$39

TO REGISTER: Print, fill out and sign the [registration form](#). Please return by mail to 173 Union St. Holliston MA 0174 (only necessary if you are not registered for the fall classes)

PAYMENT CHOICES:

- Mail payment and registration form to above address.
- Venmo: @Adeline-Alex or addie.alex@verizon.net
- Website: [Gift certificates page](#)

TO RECEIVE THE LINK:

- [Send an email](#) with "Holiday Bliss Class" in the subject line



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Light of the Heart Yoga | Union St., Holliston, MA 01746

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