



## 6-Week Yoga course with Addie

Tuesdays, Oct 11 - Nov 15  
6:30 - 8 PM  
via zoom

**This course is confirmed and on the  
schedule**

Greetings!

I hope you are enjoying this wonderful summer season! You are being invited to take this 6-week fall yoga course because you have take yoga with me at Light of the Heart Yoga studio or via zoom. Please let me know if you are interested or have questions.

### Requirements

- Yoga blankets, minimum of 5
- Blocks, minimum of 2
- Private space in your home
- Familiarity with *Svaroopa*® yoga poses
- Zoom account

**Fee:** \$126

### Payment options:

- mail payment to 173 Union St. Holliston 01746;
- Venmo, @Adeline-Alex
- use the [Gift Certificate](#) tab on the home page of [Lightoftheheartyyoga.com](http://Lightoftheheartyyoga.com)

Namaste,  
Addie



Light of the Heart  
Yoga™

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website**

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## Light of the Heart Yoga

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