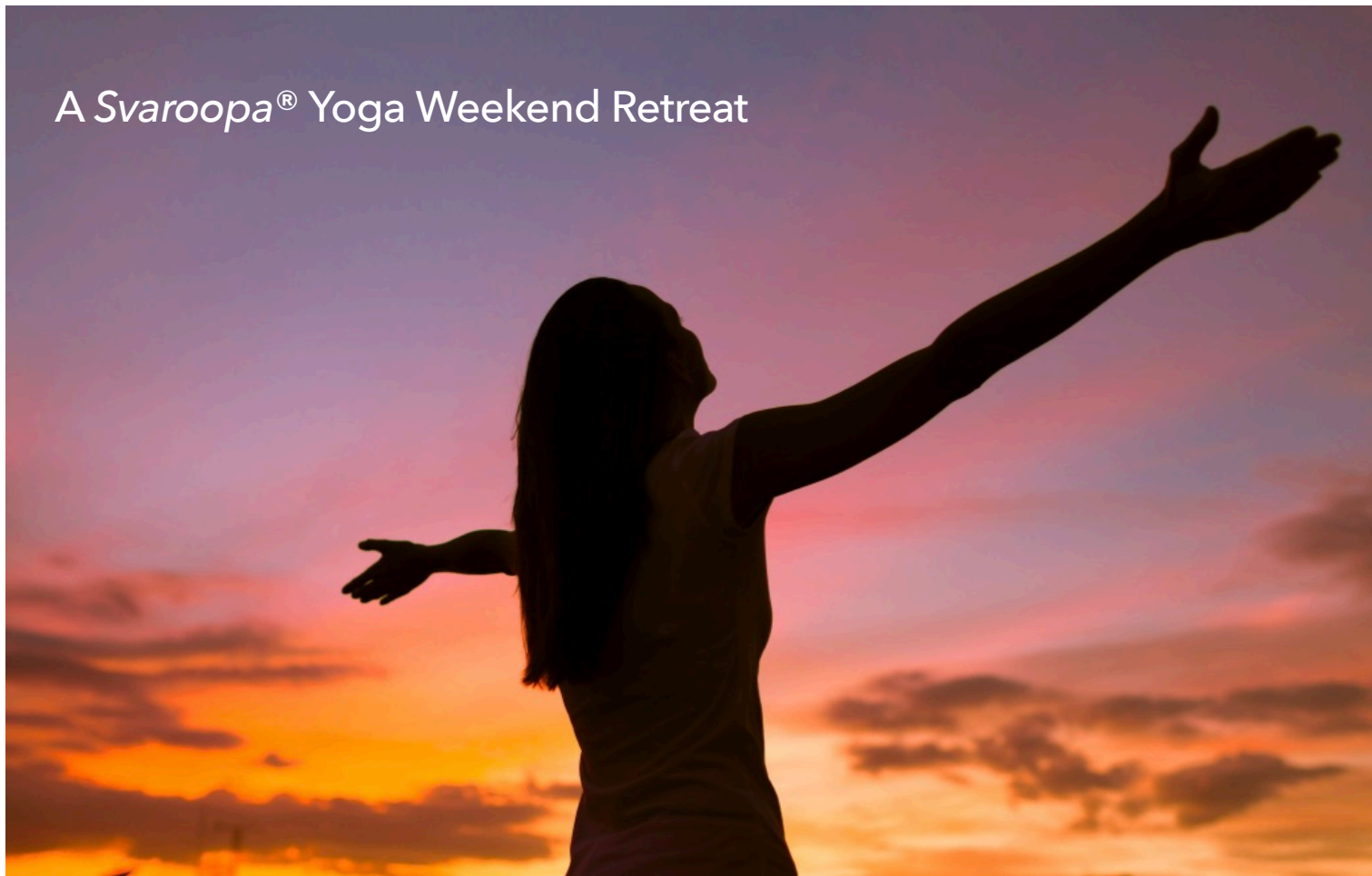


A Svaroopā[®] Yoga Weekend Retreat



STAND IN YOUR BLISS

February 23 & 24, 2019

**Canonicus
Conference Center
Exeter, RI**

What would it be like to stand in your bliss while moving about in your daily life? The yoga texts tell us that this is our birthright. All the elements of this weekend cultivate your ability to access inner bliss and stand in that. Luxuriate in the Svaroopā[®] yoga poses that reliably melt tension and open the

door to the inner experience of bliss that is not dependent on having or getting anything on the outside.

This weekend includes fewer poses with longer holds, time to rest in between, a blissful breathing practice, meditation, contemplation and discussion.

Each segment cultivates your experience of bliss and brings it into a standing pose. You leave with a clear experience of standing in and living from your inner state of bliss

Sat & Sun - 9 am - 5 pm
Mornings and afternoons are dedicated to yoga class, discussion and talks. Mid day enjoy a two hour lunch break.

STAND IN YOUR BLISS

February 23 & 24, 2019



Addie Alex • CSYT 750

Led by Addie Alex

Addie owns and operates Light of the Heart Yoga™ in Holliston, MA and is a certified Svaroopa® Yoga Teacher/Therapist. She has been teaching Svaroopa® Yoga for over 19 years and serving our community of students/teachers as a weekend workshop leader for 9 years. Addie has completed multiple levels of advanced certification. She is dedicated to the science and practice of Svaroopa® Yoga and Meditation and enjoys facilitating the inner journey. The depth of her meditation practice empowers her teaching as it does her life.

Canonicus Conference Center, in Exeter, RI.

A comfortable, residential setting with meals provided. This quiet & serene location is situated in the woods around Lake Adams.



Questions call Wendy Hickey

401-497-5134 • 401-463-7069

Cancellation Policy

Full refund (less \$25.00 processing fee) until 4 weeks before course begins. 50% refund (less \$25 fee) up to 2 weeks before. No refund if cancelled during the 2 weeks immediately preceding this event. (If there is a waiting list AND we can fill your spot at the same level of enrollment—we may issue a refund – less \$25 fee.)

Sign Up

Please complete this form and mail with payment to:

Time for You Yoga 2155 Diamond Hill Road Cumberland, RI 02864

Name _____

Address _____

Phone _____

Email _____

Early Registration - Save \$50 (when paid by 1/12/19)

I will be attending as...

____ Residential: includes cost of program, double occupancy room, 4 meals \$359 Early/\$409 Reg

____ Commuter: includes cost of program and lunch both days, \$270 Early/\$320 Reg