



Contemplations feed your soul

At the end of a yoga class, after resting in yoga's relaxation pose, Shavasana, you hear the same contemplation you heard at the beginning of class. Usually you hear something different the second time. Perhaps you have an aha moment. Contemplations can be uplifting, inspiring, thought-provoking . . . When you bring them into your life between classes, they can feed you from the inside out. One of my favorite contemplations is a paraphrasing:

"When you have the courage to relax deeply, then the thinking pace of your mind slows down to the feeling pace of your heart. And amazingly, your eyes can see the miracle waiting in all that is ordinary." (The Book of Awakening, Mark Nepo)

If you've been missing yoga, Welcome to the Upcoming Schedule!



Yoga classes via Zoom

Because of Covid-19, no classes have been held at the studio since mid-March. Due to the rent expense, the necessity to give up the studio became clear. However, the resilience of all the yogis at Light of the Heart Yoga has been inspiring as we meet weekly for classes and private sessions via Zoom.

You are warmly invited to Light of the Heart Yoga classes!

UPCOMING YOGA SCHEDULE

Monday 6:30-8:15 PM. Deeper Yoga** 8 wks/\$192. Next course starts Nov. 16
Tuesday 9:30-11 AM. Beginner/Cont. 8 wks/\$160. Next course starts Nov. 10
Tuesday 6:30-8 PM. Beginner/Cont. 8 wks/\$160. Next course starts Nov. 10
Wednesday 9:30-11:15 AM. Bliss Yoga** 4 wks/\$96. Next course starts Nov. 11

**This course has requirements. Please contact Addie if you're interested.

ADDITIONAL COURSES

Chair Yoga: Nov 12 - Dec 10. \$52. Thursday 9:30 - 10:30 am. This course is designed to acquaint you with *Svaroopā*® yoga and its benefits as well as assist you into a Beginner/Continuing yoga class.

Shavasana & Ujjayi: Nov. 18 - Dec. 9. Wednesday 6 - 6:30 pm. \$30. This course is designed to be deeply relaxing and restorative using yoga's relaxation pose - Shavasana and yoga's breathing practice - Ujjayi.

PAYMENT OPTIONS

- [Buy now](#)
- Mail payment to: Addie Alex/Light of the Heart Yoga
173 Union St. Holliston MA 01746
- Venmo (no fee)

ZOOM LINK

Once you register and indicate your payment method, you'll receive one (1) email with the link to your course.

MAKE UPS

If you miss a class, you will receive a link to the recording.

RECORDINGS

You may take a class **and** want the recording. There is a \$5 fee. Please let me know in advance.



Light of the Heart
Yoga™

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Light of the Heart Yoga

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