

Winter Stillness Retreat



**Namaste Adeline,
You are warmly invited to participate in the
upcoming Winter Stillness Retreat, designed
by you, with assistance.**

**If we pause, we notice there is so much
stillness in winter as nature's pace slows
down. This is a great opportunity to allow
ourselves to also slow down, turn inward and
connect with the stillness of our own center.
As Patanjali's Yoga Sutras state:**

Tada drashtu sva-rupe' vasthaanam
Then the Self abides in His own nature

**When we become still and quiet, then the
bliss of our own nature arises. Behind the
thought waves of our mind is the experience
of stillness. Within stillness is our natural**

state of bliss.

How it works:

- **The retreat revolves around the recording of the "Holiday Bliss Class" which allows the experience of stillness to be very accessible.**
- **There are suggestions on how to practice with the recording, including various practice times, from 10 minutes to 2.5 hours**
- **You get to choose how often and how long to do yoga, to meditate and relish your inner experiences.**

Dates: Recording is available 1/14 - 2/14.

Location: your home yoga space

Times: you decide. Sessions can be longer or shorter

Props: blankets, blocks, chair, journal

Zoom gathering: TBA

Fee: \$43

TO REGISTER, RECEIVE THE LINK and SUGGESTIONS:

- [Send an email](#) with "Winter Stillness Retreat" in the subject line.
- If you did not register for fall classes, please fill out the [registration form](#) Return by email or by mail to 173 Union St. Holliston MA 01746

PAYMENT CHOICES:

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



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