

# **BLISS Classes ~ Mark your calendar**

**Saturday, 1 to 3 pm:**

**September 23**

**October 21**

**November 18**

**December 16**

**\$22, all Svaroopaa Yoga students welcome**

## **Remember Your Bliss!**

Bliss is our inherent nature. But the demands of our contemporary culture cause us to forget and disconnect. The more stressed and hurried we are, the more oblivious of our bliss we become. The more plugged in we are, the more disconnected we become. Bliss yoga helps us remember and reconnect with our inherent nature.

In a Bliss class, you practice at a slower pace, relax in the poses a bit longer and more deeply, and take more time to rest and reflect in between. The atmosphere is quiet and meditative with fewer words of instruction. Yogic philosophy is gently interwoven throughout the practice to support your inner process.

Unravel the deepest tensions along your spine and more. Soothe your nerves and calm your mind.

**To register, sign up on the mudroom bulletin board, email [info@thecenteredplace.com](mailto:info@thecenteredplace.com), or call**

**THE CENTERED PLACE YOGA STUDIO**

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