

Sunday November 5

Workshops

with Leading *Svaroopa*[®] Yoga
Teacher Lissa Yogeshwari Fountain



9am to Noon: *Free Your Neck and Shoulders*

1:30 to 4:30 pm: *Settle into the Vastness of Your Heart*

You can attend either one or both workshops

\$65 for one workshop

\$120 for both

Please register. Send a check to The Centered Place.

For more information, call or email us.



In each workshop, you release tensions that inhibit your freedom to be and to experience all that you are.

In the morning workshop, get a load off your shoulders and free your neck. Reduce or dissolve neck and shoulder pain and discomfort.

In the afternoon, release your fears and open your heart to the deeper You. Discover a new level of being and limitless possibilities for joy.

Throughout the day, you experience *Svaroopa*[®] yoga poses that release deeply held tensions along your spine. You will also learn to meditate to integrate your healing on all levels of your being.

THE CENTERED PLACE YOGA STUDIO

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