

# Your Fullest Blossoming

## A Spring Yoga Retreat of Renewal with Leading *Svaroopa*<sup>®</sup> Yoga Teacher Lissa Yogeshwari Fountain



Melt away tension in your back, open your heart and find serenity. A blissful workshop to quiet your mind and bring you back to your source, your wellspring.

### Sunday, April 23

**Option 1:** Morning only, 9:00 to 12 (\$60)

**Option 2:** Afternoon only, 2:00 to 5 (\$60)

**Option 3:** Both morning and afternoon (\$120)

Morning and afternoon sessions are unique.



“When you decompress your spine by doing *Svaroopa*<sup>®</sup> Yoga, you have a profound experience. This inward blossoming is our specialty.”

~ Swami Nirmalananda and Vidyadevi

**THE CENTERED PLACE YOGA STUDIO**

286 BRIDGE ST. WARREN MA  
413 436-7374

**WWW.THECENTEREDPLACE.COM**