



SHAVASANA

The Art of Leaning Back Into Your Most
Relaxed State

Addie Alex CSYT, RYT

Leading *Svaroopa* Yoga Teacher

Sunday , October 15; 1:30 - 4:30 p.m.

In shavasana, yoga's relaxation pose, you make friends with your relaxed, easeful self. You experience your true nature. Svaroopa® yoga's reliable, tension-relieving poses help deepen your experience of your relaxed state.

Explore the art of leaning back into your most relaxed state, not only while lying down but also while sitting, standing, and doing whatever you do.



Addie owns and operates Light of the Heart Yoga™ in Holliston, MA. She has been teaching *Svaroopa*® yoga for 19 years and serving students and teachers as a weekend workshop leader for 9 years. She is dedicated to the science and practice of *Svaroopa*® Yoga and Meditation and enjoys facilitating the inner journey. The depth of her meditation practice empowers her teaching as it does her life.

Cost: \$65

Location and contact information for registration:

The Centered Place Yoga Studio

PO Box 1210, 286 Bridge Street, Warren MA 01083

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