



Soften the Boulders In Your Neck & Shoulders

Addie Alex CSYT, RYT
Leading *Svaroopa* Yoga Teacher

Saturday , October 26; 12:30 - 3:30 p.m.

Are you carrying a load of boulders on your shoulders? That's what tension in your neck and shoulders can feel like. This is a Svaroopa® yoga workshop for your neck and shoulders. Experience more freedom of movement and more freedom from pain in your neck and shoulders.



Addie owns and operates Light of the Heart Yoga™ in Holliston, MA. She has been teaching *Svaroopa*® yoga for over 20 years and serving students and teachers as a weekend workshop leader for over 11 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: \$70 Please register and prepay

Location and contact information for registration:

The Centered Place Yoga Studio

PO Box 1210, 286 Bridge Street, Warren MA 01083

413 436-7374 www.thecenteredplace.com

Email: info@thecenteredplace.com