

Open Your Heart: Inside & Outside

a *Svaroopaa*® Yoga Weekend
with Lissa (Yogeshwari) Fountain, CSYT, RYT 500

Release your fears and open your heart more fully by finding the Divine within you. Unlock the knots behind your heart that keep you from experiencing your own inner essence, so you find the true freedom of living with your guard down. Lissa (Yogeshwari) guides you through Svaroopaa yoga's heart opening poses that target the tightly held areas of your spine, beginning at your tailbone. Discourse, chanting, and meditation are interwoven throughout the weekend. The practices invite joy to spread through your heart and mind, basing you in a deeper knowing of the Self, one that opens you more fully to life and to everyone you share it with. The experience of your own divinity makes this possible in the midst of life.



WHEN - April 28 & 29, 2018
Saturday 9:00 am - 5:00 pm
Sunday 9:00 am - 5:00 pm

Morning and afternoons are dedicated to yoga class, discussion and talks. Enjoy a two hour break for lunch.

WHERE - Time for You Yoga
2155 Diamond Hill Road
Cumberland, RI

COST -
\$249 Early Registration (pd by 3/24)
\$299 Registration (pd after 3/24)

QUESTIONS -
Contact Maria Sichel:
sichel.maria@gmail.com
401-305-5319

REGISTRATION

Open Your Heart: Inside & Outside
April 28 & 29, 2018

Name _____

Address _____

Phone _____

Email _____

PAYMENT - Cash, Check, Credit

A Deposit of \$100 holds your spot.

____ Early Registration \$249 (by 3/24)

____ Registration \$299 (after 3/24)

Make Checks Payable to:

Time For You Yoga
2155 Diamond Hill Road
Cumberland, RI 02864

* For Credit Cards Call 401-305-5319