



**Adeline Alex
CSYT**

Addie lives in Holliston MA, where she teaches in her own studio, *Yoga of the Heart*. She has been teaching *Svaroopa*®

yoga for 9 years. She has completed many levels of advanced certifications in our ATT program, including the following: Deeper Yoga (Level 1), Pregnancy Yoga, Gentle Yoga, Yoga for Your Back, Living Yoga Business Certification, Beginner Bliss, Advanced Bliss, and Bliss Yoga Weekend Workshops. In addition to being an *Embodiment*® Yoga Therapist, she leads yoga philosophy discussion groups and has served many teachers-in-training as a DTS Mentor. Addie brings the depth of her meditation practice with her into everything she does, which empowers her teaching as it does her life.



Give yourself a whole week-end of yoga focused on gaining clarity on your life and provide the foundation for decisive and effective action.

The deep spinal openers and abdominal poses will help you cultivate all three of these qualities, while the contemplations and discussions help you consolidate your new understandings and take them home.

Harmony In Yoga, LLC

Bell Park Plaza
559 Hartford Pike
Dayville, Ct. 06241

Phone: 860-779-yoga (9642)
E-mail: Harmony In Yoga.com

Harmony In Yoga

559 Hartford Pike, Rte 101
Dayville, Ct 06239



*Is proud to be hosting
Addie Alex*

Clarity, Decision and Action

Discover clarity instead of confusion, decision instead of hesitancy, and the ability to follow through with action where it is needed.

This workshop can truly change your life.

(Core Opening Weekend)

December 5 – 6, 2009
9:00 - 5:00 PM

REGISTRATION INFORMATION

- No previous experience necessary
- Registrants must be present for the complete workshop—no exceptions.
- Refund Policy: Full Refund less \$25.00 process-ing fee until Nov. 21st 50% refund thereafter. No refund if canceled the week of the event.

Early Bird Fee:

On or before October 24th-\$225.00

Standard Fee:

After October 24th-\$275.00

Register Early. Space is limited.

Name

Address

Phone

E-mail Address

Make checks payable to : Dorothy Barbara
Mail to: Harmony In Yoga,
559 Hartford Pike, Dayville, Ct 06239
For more information 860-779-9642 or
Contact dorothy@harmonyinyoga.com



Svaroopaa® yoga is a modern expression of yoga's ancient tradition of opening the body for the purpose of delving into the deeper dimension of our own existence.

Svaroopaa® yoga unravels the deepest knots of muscular tension, resulting in “core opening” or spinal release. These openings, achieved through the use of precise alignment in body-friendly ways, give rise to a blissful experience.

Svaroopaa® yoga is both a precise and compassionate practice created for the purpose of healing, transformation, and transcendent experience

- *Personal assistance and adjustments for the deepest effect.*
- *Compassionate approach for change without pain or strain*
- *Anatomy and physiology interwoven throughout*
- *Body and mind integration through practical application of yoga philosophy*
- *Revolutionary approach using the tailbone as the pivot point of the body*

Guaranteed to give you an immediate and significant change in your body, while offering you much more.