



Yoga for Life & Breath *Core Openings* with Addie Alex CSYT, RYT Leading Svaroopa® Yoga Teacher

Saturday - Sunday, March 27 & 28; 9:30 a.m. - 5:30 p.m.
The Centered Place Yoga Studio, Warren MA

Description

This weekend workshop takes you on an inner adventure exploring the power and deeper dimensions of a yoga breathing practice. We focus on *Ujjayi Pranayama* and poses that release core tensions to help develop ease and power of your breath. This increases the flow of aliveness through your whole body and brings greater clarity of mind. Experience the healing and transformative power of the breath and the joy of feeling more alive.

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

Presenter

Addie Alex lives in Holliston MA, where she teaches in her own studio, Yoga of the Heart. She has completed many levels of advanced certification in Advanced Teacher Training. She leads yoga philosophy discussion groups and has served many Svaroopa yoga teachers-in-training as a mentor. Addie brings the depth of her meditation practice into everything she does, which empowers her teaching as it does her life.

Cost/Contact

\$285

Nancy Nowak, The Centered Place Yoga Studio

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Full refund (less \$25.00 processing fee) until three weeks before course begins. During the second and third week before the course begins: 50% refund. No refund if canceled during the week immediately preceding this event.

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