



Svaroopā[®] Yoga for Your Neck & Shoulders

with

Addie Alex CSYT, RYT

Leading *Svaroopā* Yoga Teacher

Saturday - Sunday, November 6 & 7; 9:30 a.m. - 5:30 p.m.

The Centered Place Yoga Studio, Warren MA

Description

Experience more freedom in your neck and shoulders. Discover how easy it can be to make profound changes by working with the core of your body, dissolving tension through the length of your spine. Explore related issues in your life: have you been allowing a pain in the neck into your life (or your mind)? How about that weight on your shoulders? Where is it coming from? Learn how to create a personalized program for making permanent changes in your neck, shoulders, and life.

Presenter

Addie Alex lives in Holliston MA, where she teaches in her own studio, Light of the Heart Yoga. She has completed many levels of advanced certification in Advanced Teacher Training. She leads yoga philosophy discussion groups and has served many Svaroopā 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

\$235 paid before Sept 25; \$285 paid after Sept 25

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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