

Learn ancient yoga “shortcuts” to bliss through poses and meditation

BLISS IS EVERYWHERE

FEBRUARY 4& 5, 2011 RIVER TIME YOGA



For more information, visit BoiseRiverTimeYoga.com



WITH VIDYADEVI STILLMAN

Bliss is everywhere – inside and outside. If you are not currently experiencing this from moment to moment all the time, come to this weekend workshop. Learn how to experience a steady state of bliss in your own being. Each morning and afternoon session includes a Bliss Yoga class and a deep meditation with Vidyadevi Stillman, Director of Programs for Master Yoga Foundation, to give you the experience of bliss that arises from the inside. Meditation and yoga instructions are included. Vidyadevi will use sutras from an ancient yoga text to give you access to the bliss that is always there – just beyond your mind. Early registration, through January 15, is just \$191. The cost is \$227 thereafter. Call Marlene Gast at 426-0670 or email marlene@boiserivertimeyoga.com to register.