

Yoga for Happiness: Awaken Your Potential for Unlimited Joy!

with internationally acclaimed teacher, author, and founder

Todd Norian

Wellesley, MA, Sunday, September 24th

Laughing Dog Yoga Studio

159 Linden Street, #1, Wellesley MA 02482

Happiness seems in short supply these days. Whatever happiness we experience seems to be short-lived and dies out quickly, covered in dust by a cloud of negativity. All day long we are bombarded by catastrophic news and media that's enough to bring anyone down. What's a yogi to do?

We can all make a difference by making ourselves happier. When you feel happy, your frequency speeds up. Negative thinking, catastrophic thinking, pessimism, doubt, unworthiness, resignation, and all kinds of small-minded thought forms disappear. When you are happy, you literally raise the vibrational field around you. When you're happy, everyone gets happier around you.

Ashaya Yoga is an accessible, therapeutic, and safe practice for all levels of beginners to advanced yogis. Modifications are given and you're encouraged to go at your own pace.

1030 a.m.-1230 p.m.

Happiness as Vast as the Sky: Alignment for Body, Mind, and Heart: An Introduction to Ashaya Yoga

The sky element represents the vastness of unbounded happiness that is our true nature. But all too often, our happiness gets covered up by layers of stress, anxiety, and self-limiting beliefs that prevents us from accessing joy. During this workshop, learn how to let go and open to your unlimited potential for joy through the extraordinary Ashaya Yoga Method. During this introductory workshop, you'll

- Align your body, mind, and heart with the The Four Essentials™ of Ashaya Yoga
- Build inner strength, balance, and flexibility with alignment-based asana
- Explore the empowering and spiritually uplifting Tantric philosophy
- Receive hands-on adjustments to improve your alignment and go deeper
- Practice alongside a supportive community of other heart followers who are ready and eager to embrace their happiness.

130-330 p.m.

YOGA NIDRA (Yogic Sleep): Yoga for Self-Nourishment and Rejuvenation

You deserve to nourish yourself, to let go, and return to your natural state of relaxed calmness. Designed to give your nervous system a break from the stress of daily life, you'll practice soothing poses and restorative yoga culminating in *Yoga Nidra (yogic sleep)* that puts you into a profound state of happiness. Leave feeling well-nourished, refreshed, and re-inspired to shine your light out into the world. During this workshop, you'll practice:

- Gentle Asana
- Restorative Poses

- Mantra Chanting
- Meditation
- Guided Yoga Nidra

By the end of this workshop, you'll tap into the infinite source of happiness where every cell vibrates in harmony with the highest joy!

Space is limited. Register early to reserve your spot!

CEU's available for yoga teachers through Yoga Alliance for each session. 4 hours for the full day!

Pricing: \$120. Early Bird \$100 if paid in full by Sept. 6th.

No Refunds.

<https://www.ldyoga.com/>