

Yoga for Happiness: Awaken Your Potential for Unlimited Joy!

with internationally acclaimed teacher, author, and founder

Todd Norian

Newburyport, MA, October 6-8, 2023
Ride the Wave Yoga
12 Maple Street, Newburyport, MA 01950

***Plus: Free Bonus Yoga Nidra Class: Yoga for Self-Nourishment
with Full Weekend Registration (free audio recording of Yoga Nidra included)***

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 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, pessimism, doubt, unworthiness, anxiety, and all kinds of self-limiting thought forms disappear. When you are happy, you literally raise the vibrational field around you. When you're happy, everyone gets happier around you.

Join master yogi, founder, and internationally acclaimed teacher, Todd Norian, as he guides you step-by-step into the life-affirming philosophy and practices that awaken your potential for unlimited joy and happiness.

During this workshop, you will

- Expand your happiness through the five elements (earth, water, fire, air, and sky) using The Four Essentials™ of Ashaya Yoga
- Explore the empowering and spiritually uplifting philosophy of Nondual Tantra
- Build inner strength, balance, and flexibility with alignment-based, therapeutic asana
- Quiet the mind and cultivate inner peace through meditation, chanting, relaxation, and Yoga Nidra
- Receive hands-on adjustments to improve your alignment and go deeper
- Enjoy Todd's music and chanting of mantras and invocations throughout the weekend

Practice alongside a supportive community of other heart followers who are ready and eager to increase their happiness.

By the end of the weekend, you'll have a renewed sense of unlimited happiness and the enthusiasm to bring more joy into the world.

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.

Recommended reading: *Todd Norian, Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir; Ashaya Yoga: Align Your Body, Awaken Your Heart Manual; Introduction to Ashaya Yoga Therapy Manual*

Schedule:

Friday 7-9 p.m. Happiness as Vast as the Sky

Open the sky element of happiness. Happiness has no upper limit. *Akasha*, Sanskrit for *space* or *sky*, is the highest and most subtle of the five elements. We live within this vast and unbounded freedom of the sky that is filled with all possibilities. Practice includes gentle stretches, restorative yoga, mantra chanting, meditation, and a deep guided relaxation.

Saturday 10-1230 p.m. Happy Earth: Become Steady in Who You Are

Engage the earth element of happiness. *Prithvi*, Sanskrit for *earth*, is the most solid and stable of the five elements. Happiness in earth requires you to stay present and steady even in conflict. Practice includes warmups, standing poses, balancing poses, core strengtheners, backbends, and relaxation.

Saturday, 2-430 p.m. The Water and Fire of Happiness: Surf the Waves of What You Truly Desire

Align the water and fire elements of happiness. *Ap*, Sanskrit for *water*, and *Agni*, Sanskrit for *fire*, interweave to form a powerful braid of acceptance, constant practice, and transformation. Water flows around obstacles and returns to source. Fire boils the water, heats and purifies the body, and represents our longing for freedom. Happiness arises when your water and fire elements are in balance. Practice includes hip openers, core strengtheners, leg stretches, forward bends, twists, and a deeply watery, floating relaxation.

Sunday 900-1130 a.m. The Heart of Happiness: Breathe Your Dreams into Reality

Expand the air element of happiness. *Vayu*, Sanskrit for *air*, is your capacity to expand beyond previously held limits and release what no longer serves you. Your breath is the medium between your dreams on the inside and the manifestation on the outside. Powerful beyond measure, you are worthy of a great life beyond your wildest imagination. Practice includes up-tempo warmups, standing poses, core work, hip openers, backbends, twists, and a deep relaxation to integrate all five elements.

Sunday 1230-230 p.m. FREE BONUS YOGA NIDRA CLASS WITH WEEKEND PURCHASE!!! Yoga for Self-Nourishment: Rejuvenate, Restore, Relax, Go Deeper (Includes Free Audio Recording of the Yoga Nidra with access for 30 Days.)

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 deep relaxation. Leave feeling well-nourished, refreshed, and re-inspired to shine your light out into the world.

CEU's available for yoga teachers through Yoga Alliance for every session. 11.5 hours for the full weekend!

Pricing:

Weekend Workshop: \$250. Early Bird \$225 if paid in full by Sept. 15th.

- *Free Bonus Class and Yoga Nidra Audio Recording on Sun. 1230-230 p.m. with Purchase of the Weekend Workshop!*
- **No Refunds.**

Space is limited. Register early to reserve your spot!

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