



Yoga for Happiness: Awaken Your Potential for Unlimited Joy! with internationally acclaimed yoga teacher, author, and founder, **Todd Norian**

March 8-10, 2024
Aloha Keene Yoga Studio
83 Court Street
Keene, NH 03431

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 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 vibration speeds up. Negative thinking, pessimism, doubt, unworthiness, anxiety, and all kinds of self-limiting thoughts disappear. When you are happy, you literally raise the vibrational field around you. When you're happy, everyone around you gets happier too.

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 capacity for unreasonable happiness, happiness for no reason at all
- 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, and relaxation
- 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 630-830 p.m. Open to Unreasonable Happiness: Happiness for No Reason at All
There's no upper limit to happiness. Tossed around on the surface waves of life, we bob up and down constantly like buoys trying to balance happiness and sadness, gain and loss, success and failure, loneliness and connection, challenge and flow. The yogi doesn't just want temporary happiness. She wants permanent joy. This is unreasonable happiness - happiness for no reason at all. Practice includes gentle stretches, mantra chanting, meditation, a happiness journal reflection, and a deep guided relaxation.

Saturday 10-1230 p.m. Happiness and Healthy Self-Boundaries: Relinquishing Limitations
Happiness is what's left over when we're out of the way. Our true nature vibrates with the highest joy but all too often we are closed off to it. To truly access the freedom that happiness can bring, we need to create healthy boundaries and learn to let go of what no longer serves us. Practice includes warmups, standing poses, balancing poses, core strengtheners, backbends, and relaxation.

Saturday, 2-430 p.m. Listen to the Call of Your Heart: Happiness Born of Stillness
Often happiness can be hidden underneath a pile of resistance to life, an unwillingness to accept or embrace life, especially when there's pain. Happiness is an inside job. The heart screams what it needs through a faint whisper. In order to hear your own heart, you have to quiet the mind. Access deep inner peace and come home to the abode of your heart where you are eternally safe and free. Practice includes hip openers, leg stretches, forward bends, twists, and a very deep guided Yoga Nidra healing journey.

Sunday 10 a.m.-1 p.m. Open Your Heart to Follow Your Heart: Happiness Is Your Ultimate Destiny

Powerful beyond measure, you are worthy of a great and happy life beyond your wildest imagination. The key is to go within to know what your heart most deeply desires. Aligning with that, you open your heart to follow your heart on your way to greater and greater happiness. Practice includes up-tempo warmups, standing poses, core work, hip openers, backbends, twists, and a deep relaxation to integrate the insights and teachings from the weekend.

CEU's available for every session. 10 hours for the full weekend!

Pricing:

Weekend Workshop: \$260. Early Bird \$230 if paid in full by Feb. 16th.



No Refunds.

Space is limited. Register early to reserve your spot!