



## **Yoga for Happiness: Awaken Your Potential for Unlimited Joy!**

*with internationally acclaimed yoga teacher, author,  
musician, and founder of Ashaya Yoga,*

**Todd Norian**

**October 11-13, 2024**

**Bliss Body Yoga, 4035 Lake Boone Trail, Suite 111, Raleigh, NC 27607**

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.

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 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: October 11-13, 2024**

**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 poses that open the heart, legs, hips, and back, along with a restorative pose, mantra chanting, meditation, and a deep guided relaxation.

**Saturday 12-2:30 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 enlivening standing poses, balancing poses, core strengtheners, backbends, and relaxation.

**Saturday, 3:30-6 p.m. Ride the Waves: Acceptance as the Gateway to Happiness and Yoga Nidra**

Like waves on the surface of the ocean, if we only live on the surface of life we become like buoys, always going up and down. Through the practice acceptance, we sink the anchor of connection with source that keeps us steady through all storms. Water flows around obstacles and brings us to a place of acceptance which opens the gateway to a fuller and more joyful experience. Practice includes hip openers, leg stretches, forward bends, twists, and end with a guided deep Yoga Nidra (Yogic Sleep) relaxation.

**Sunday 11:30 a.m. to 2:30 p.m. The Heart of Happiness: Fire and Air: Breathe Your Dreams into Reality**

*Agni* is fire and *Vayu* is air. During this session, you'll ignite the fire of your passion and longing for something greater, and then breathe the dreams of your heart into reality through a variety of spiritually uplifting poses. As a result, you will come to know that 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.

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

**Pricing:**

Weekend Workshop: \$279. Early Bird \$249 if paid in full by Sept. 20<sup>th</sup>, 2024.

No Refunds.

Space is limited. Register early to reserve your spot!