



The Yoga of Radical Affirmation

Awaken Your Radiant Heart, Peaceful Mind, and Vibrant Body!

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

Todd Norian

Sunday, September 22, 2024

Laughing Dog Yoga Studio, Wellesley, MA

When your heart is open, your mind peaceful, and your body aligned, you experience a direct connection to the infinite universal energy of goodness. The veils of conditioning and negativity that naturally get in the way begin to lift and you tap into a higher vibration of stillness and joy, *Ananda* (bliss).

In this ecstatic state, you have a direct experience of the power of radical affirmation. Suddenly, life is good. You feel at ease and that life has your back. You can relax and stop trying so hard.

Ultimately, we want to come to the recognition that everything in life is for our awakening.

Join master yogi, founder, musician, and internationally acclaimed teacher, Todd Norian, as he guides you step-by-step into the life-affirming philosophy and practices to create a radiant heart, peaceful mind, and vibrant body.

During this workshop, you will

- Expand your capacity to open your heart and release what's in the way
- Explore the empowering and radically uplifting philosophy of Nondual Tantra
- Quiet the mind and cultivate inner peace through meditation, pranayama, chanting, Yoga Nidra, and relaxation
- Build inner strength, balance, and flexibility with alignment-based Ashaya Yoga
- 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 learn how to create a radiant heart, peaceful mind, and vibrant body.

By the end of the day, you'll have a renewed sense of purpose and inner peace, 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:

Morning Session:

1030-1 p.m. Yoga for a Radiant Heart and Vibrant Body: The heart is the center of love, acceptance, and compassion. When we feel afraid or overwhelmed, the heart shuts down and our body tenses up. The body is a conduit of spiritual vibration, but it's often blocked through misalignment, tension, and self-limiting beliefs. During this session, you'll use the concept of saying yes to life to invigorate, restore, and heal your most precious resources – your body and your heart. Practice includes standing poses, hip openers, shoulder openers, backbends, partner work, mantra chanting, journal writing, and group sharing.

Afternoon Session:

2-430 p.m. Yoga for a Peaceful Mind: We all long for inner peace – a state of mind where we let go of the “fight” and release trying to control or fix anything or anyone. Cultivate the most powerful tool of consciousness you have – your mind. Learn how to quiet your thoughts and steep in the essence of the universe deep inside your heart. Practice includes hip openers, leg stretches, twists, mantra chanting, pranayama, meditation, Yoga Nidra, journal writing, and group sharing.

CEU's available for every session. 5 hours for the full day!

Pricing:

Full Day: \$155. Early Bird \$135 if paid in full by September 2nd.

No Refunds.

Space is limited. Register early to reserve your spot!