

**Bliss Yoga Weekend** Immerse yourself in the Self! The changes you get from a weekly yoga class are largely eradicated by the demands of a busy week. When you do the equivalent of two months' classes in two days, your body soaks up the changes and integrates them in a way that will not be easily undone. The asanas in this program are well-supported and profoundly transformative. Contemplations from one of the most blissful yoga texts are woven throughout to help your mind slip into the ease your body is experiencing. You do not need to be an experienced *Svaroopa*<sup>®</sup> student to benefit from this class.

**Saturday & Sunday, 9AM-5PM with a 2-hour lunch break (both days). You must attend both full days! January 27-28, April 21-22, 2018 and January 19-20, 2019**