



Light of the Heart  
Yoga™

Greetings!

You are warmly invited to consider adding this **4-week Chair Yoga Course** to your "shelter in place" activities. Experience how yoga can support and nourish you.

- Thursdays, 9:30 - 10:30 AM EST
- April 9 - 30
- Online Zoom format
- Fee: \$52
- Payment options: go to the [Gift Certificates](#) page on my website or mail payment to Addie Alex 173 Union St. Holliston, MA 01746
- **Register** by letting me know if you're interested. You'll then receive the link to the class with additional information.
- For missed classes you'll receive a link to do it later at your convenience.



I hope you and your family continue to stay in, stay safe and remain healthy.

Namaste,  
Addie