



## Yoga & Meditation Class with Addie

Saturday, April 30th  
8:30 - 10:30 AM  
(minimum 5, maximum 10)

This class includes the *Svaroopaa*® Yoga poses that reliably release body/mind tensions, and allow you to rest in a more peaceful state. Through meditation you come to know that this inner state is ever present.

**Location:** Roots & Wings. 317 N. Main, Natick

**Fee:** \$35

**Payment options:**

- mail payment to 173 Union St. Holliston 01746;
- Venmo, @Adeline-Alex
- use the [Gift Certificates](#) tab on the home page of [Lightoftheheartyyoga.com](http://Lightoftheheartyyoga.com)

*Roots & Wings' pandemic policy: Teachers and students need to be vaccinated to attend classes in-person. Masks are optional in the classroom unless the teacher requires masking.*

Namaste,  
Addie



Light of the Heart  
Yoga™

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Light of the Heart Yoga

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