

"The great error of this age is that activity has increased so much that there is little margin left in one's everyday life for repose. Repose is the secret of all contemplation and meditation - the secret of getting in tune with that aspect of life which is the essence of things."

Hazrat Inayat Khan

Awareness Unfolding

Restorative Yoga and Meditation Practices

Nov. 13, 20, 27 and Dec. 4, 11, 18

Sundays 1:30-4 pm

Restorative yoga is a conscious body/mind relaxation experience that unravels physical stresses making the practice of seated meditation more accessible and joyful. As deeply held tensions are released, the immune system is strengthened, vitality restored, the heart is soothed and the mind becomes tranquil. Awareness Unfolding is excellent for stress management, re-establishing the proper function of all organs and body systems, recovery during or after illness/injury and restoring a sense of rhythm and balance to one's life. This class is appropriate for students of all levels. No prior yoga or meditation experience is required.

Mudita Yoga Studio

12 Depot Square

(above the Toadstool Bookstore)

Peterborough, NH

Fee: 30.00 per class/25.00 three or more classes

Nov. 24

Count Your Blessings

6-8 am

Join us for our free annual celebration of gratitude. Silent meditation 6-6:30, asana class 6:30-8. Come anytime, enter quietly.

Dec. 21

A Winter Solstice Celebration

6-7 pm

Collective meditations on the Light. Free!

To register: 603-924-7545/info@muditayoga.com

An Ayurvedic and Yoga Health Educator, Alexandra has guided individuals and groups in how to use yoga and related healing arts as a map to their authentic selves for more than 20 years. A contemplative nature and years of healing experience as a nurse and massage therapist lay the foundation for her teaching which is clear, inspiring, humorous and compassionate. A certified instructor, she has studied in India and trained at the BKS Iyengar Center. She is a student Vedanta (yoga philosophy) under Swami Dayananda Saraswati. She teaches public classes and offers private consultations on integrating yoga and Ayurveda into one's lifestyle as tools for healing and transformation.