

# YOGA AND MEDITATION THE BLISS OF A QUIET MIND



“Halasana, is an upside down adventure that lengthens your spine, opens your breath, unravels the tensions in your skull, and opens your heart at the same time.”

Swami  
Nirmalananda

## KRIPALU • JANUARY 10-11, '14

### LISSA YOGESHWARI FOUNTAIN

This weekend focuses on Halasana, the well supported and safe Plow pose, that will free your neck and shoulders, decompress the base of your skull, and quiet your mind. Unblocking the flow of bliss to your brain opens your heart and mind, connecting you to the bliss of your Self: your thought-free essence of Being. Lissa(Yogeshwari) will lead you through core opening poses, discourses, chanting, and deeper and deeper meditations. And if Halasana has been one of your “challenge poses” why not dive in and give it another try! Yogeshwari will be providing substitute poses as well, so that everyone will be receiving the openings and grace of this powerful practice.

Join Yogeshwari for a new year's Adventure and sign up now at [Kripalu.org](http://Kripalu.org).

Lissa Yogeshwari Fountian, CSYT 500 hrs, is a leading *Svaroopa*® Yoga teacher, as well as *Svaroopa*® Yoga therapist and *Svaroopa*Vidya Meditation teacher. She is also an assistant teacher to Swami Nirmalananda's ashram programs. She teaches weekly classes and workshops in metrowest Boston.

