THE DURGA STUDIO

TUESDAYS
6:30-8:00PM
NOVEMBER 8 ~
DECEMBER 20, 2022

IN OUR NEW
YOGA SANCTUARY!
25B STOW ROAD
BOXBOROUGH, MA

$150 FOR
7 WEEKS
(ONE CLASS FREE!)
OR $25 DROP-IN

Becoming Light!

Yoga by Candlelight with Jen Sundeen

As the days grow shorter, Mother Nature gives us the opportunity to descend into the darkness, and to illuminate the parts of the Self that have long been obscured, have yet to be healed, or have been waiting to shine.

Please join our loving and supportive community for a new 7-week candlelight yoga immersion "Becoming Light." Here amidst the peace of our new Durga sanctuary, we can step into the quiet, reconnect with earth's greater rhythms, traverse the inner realms, and learn to "see in the dark." Expect to destress, strengthen, stretch and tone, ignite your inner fire, restore your spirit, melt into relaxation.

We will also explore global mythologies throughout time and place that teach us about the dark, and the deities who preside over these realms: The Cailleach, Baba Yaga, Hestia, Lillith, Persephone, Circe, The Morrigan, Kali. Working with these Dark Goddesses can aid us in our spiritual growth and transform our lives in truly incredible ways! As we journey together towards the Winter Solstice, we will learn how navigate the darkest of days by shining own inner light.

Please rsvp to jen@thedurgastudio.com or visit our website to register, and for more info about our new temple sanctuary, upcoming events, and so much more! We hope to see you!

WWW.THEDURGASTUDIO.COM

HOME OF THE NEW ENGLAND GODDESS TEMPLE