

The logo for Bliss Yoga, featuring the word "Bliss" in a white, cursive font above the word "Yoga" in a white, sans-serif font, both set against a dark purple oval background.

Bliss  
Yoga

# Open House

SATURDAY, September 20  
3-5 pm

160 Main St-Rte. 25, Monroe, CT

(just north of Purdy Hill  
& Judd Rd.)

**Free yoga, refreshments, & special offers!**  
**Raffle & donations for the  
Monroe Food Pantry**

Bliss Yoga is a place where YOU can find inner peace, increase your flexibility, strengthen your entire body, connect with likeminded people. Bliss studio is a calming oasis with hardwood flooring, custom built cubbies & cabinetry, Flow surround sound, LED lighting, Manduka high quality yoga mats are available (always clean & at no additional cost, if needed), helpful blocks, straps, blankets, bolsters, eye pillows, as well additional tools: balance balls, weights, hand towels are provided as well.

Lilia Wills is the owner, a passionate yoga practitioner, YA certified & experienced teacher of ALL the classes offered for all levels for males and females, from beginners to advanced, prenatal, meditation, kids, group and private instruction, birthdays and bachelorette parties, corporate events, staff appreciation, ladies yogatini night, date night/partner yoga, workshops (for teens, for specific ailments), retreats, etc.

Snatch today's special offers: 3 classes for 30 dollars; refer someone, if they purchase a 10, 20 or private package, & you'll score a free class; if 4 of your friends buy a private session, your next one on one session is free!

**Blissed & truly excited to see you,**

📞 203-218-1638

Visit [www.blissyogaCT.com](http://www.blissyogaCT.com)

User friendly website with FAQ,  
schedule, online sign up, & more



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