

Carrie Bliss



Illuminating Live Through the Yoga of Art & BLISSful Movements

Carrie Bliss

www.CarrieBliss.com

Specialties

- Experienced RYT-500 Yoga Alliance
- Certified Yoga Therapist (IAYT)
- Certified Transformational Meditation Instructor
- Certified Art Teacher
- Spiritual Artist (jewelry & paintings)
- Therapeutic Art Facilitator

Knowledge

1. **Understanding Yoga.** the connection is REAL. Desiring the holistic dance with Raja Yoga: Extended-Hold Poses with Proper Breathing Adaptation.
2. **Understanding Meditation.** moving & breathing with Intention. Moving = Stillness INTO SELF! Let the Thoughts come, let the Thoughts go.
3. **Understanding Your Breath.** with each breath, you will dive into the nature of your existence. You will come to know the depth of Breath; the depth of your Inner Being
4. **Understanding Your Creativity.** Is innate within each of us. "Settle now, Breathe, Create Magic" ...she always says.
5. **Understanding Your Body Movement (through Yoga Therapy)** newness is abound. Breathe the pose apart. Ignite the beauty of your INNER CORE as you develop an Understanding to the MIND/BODY Connection that is attuned from within.

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