

WINTER INTO  
SPRING  
2024

YOGA CENTER

**Maha**

and the  
**Center for Stress Management**

YOGA CLASSES

YOGA TEACHER TRAINING

MEDITATION

MASSAGE & BODYWORK

CONCERTS

COUNSELING  
SERVICES

992 Bedford Street (Route 18), Bridgewater, MA 02324

**508-697-3273 or 508-697-3592**

[www.MahaYogaCenter.com](http://www.MahaYogaCenter.com)

[mahayoga@juno.com](mailto:mahayoga@juno.com)

Store hours:

Tuesday-Friday 8:30 AM-12:30 PM • Saturday 9:00 AM-4 PM

Open for all listed yoga classes and workshops





“It is easy to get compassion fatigue when our compassion has a fix-it agenda or any other agenda for that matter. Fierce love, or selfless love, has no agenda. It is simply a spontaneously flowing response without any agenda that does not see others as essentially lacking anything. It is spontaneous love in action, compassion without separation.”

– ADYASHANTI



The world needs our “compassion without separation”. We can cultivate that in our community with our sincere meditation and yoga practice.

Namaste!

*Diane*



## MAHA YOGA TEACHER CERTIFICATION



The Maha Yoga Teacher Training is a 200-hour program that will balance theory and practice. The curriculum includes instruction in asana, meditation, pranayama, chanting, and relaxation.

Courses will include: the anatomy, physiology, psychology and philosophy of yoga. There will be workshops on nutrition, adapting yoga for special groups and how to deepen your own personal practice. Each student will practice-teach with the guidance of a mentor.

We are looking for serious students who want to learn and be able to teach (or use for personal growth) yoga as more than just physical exercise. If you are interested, call and leave a message for Diane.

Yoga Alliance  
Registered Yoga Teacher Training



Our small, comprehensive, year-long Maha Yoga Teacher Training has trained some wonderful teachers throughout our 30 years. You can find them teaching in many Y's, colleges, and studios in Massachusetts, Maine, New Hampshire, Florida, Texas, California and even Australia! We thank those who helped and continue to help us celebrate!

# ॐ MAHA YOGA STUDIO SCHEDULE

SUNDAY	9:00 am – Hatha	Diane Lagadec
	9:00 am – Hatha	Susan Andrea
	4:30 pm – Gentle Hatha	Danielle Levesque
MONDAY	10:00 am – Hatha	Pia Ruokis
	6:00 pm – Hatha	Max Taylor
	6:30 pm – Hatha with Restorative	Renae Runnels
TUESDAY	8:30 am – Hatha	Zoe Kelliher
	10:30 am – Gentle Hatha	Judy Prisco
	11:00 am – Gentle Hatha	Sky Wild
	6:00 pm – Gentle Hatha	Danielle Levesque
	6:00 pm – Hatha	Margarita Marmysh
WEDNESDAY	10:00 am – Hatha	Diane Lagadec
	10:30 am – Gentle Hatha with Reiki	Claudia D'Emilia-lafrate
	6:30 pm – Polishing the Basics & Continuing Raks Sharqi	Amar Garcia
THURSDAY	8:30 am – Hatha	Margarita Marmysh
	10:30 am – Gentle Hatha	Sylvia Thornton
	4:30 pm – Hatha	Renae Zamora
	6:00 pm – Hatha	Monica Tavares
FRIDAY	8:30 am – Yin Yoga	Zoe Kelliher
	10:30 am – Gentle Hatha	Judy Prisco
	6:00 pm – Hatha	Kendra Tansey
SATURDAY	7:00 am – Ashtanga Yoga	Erin Teare
	9:00 am – Hatha	Diane Lagadec
	10:00 am – Hatha	Diane Cella



## SIGN IN PROCEDURE

Please pre-register for classes by phone or email.

NOTE: YOU WILL BE CHARGED FOR THE CLASS IF YOU FAIL TO SHOW UP.

CLASS PRICES  
Single Class \$15  
10-Class Card \$100

**BEST VALUE**

Private Class  
\$65



Private Restorative  
Yoga Class  
\$65

## WHICH YOGA CLASS IS RIGHT FOR YOU?

**Hatha Yoga** is appropriate for all ages and all levels. It is a total health system that works toward the balance of body, mind, and spirit. Each class will include postures (asanas), breathing (pranayama), and relaxation techniques. The benefits of yoga are: stress reduction, the stretching and strengthening of muscles and a sense of well-being.

**Gentle Hatha/Restorative** is a Hatha Yoga class with the addition of Restorative poses. Bring a blanket and pillow.

**Gentle Hatha Yoga** is a modified routine appropriate for beginners, for prenatal, for post natal, or for anyone who wants an easy and relaxing class.

**Yin Yoga** is a series of long-held, passive floor poses that target deep connective tissues, like fascia, ligaments, joints, and bones. It's a slower and more meditative practice.

**Ashtanga** is a powerful flow of postures and breath taught in the tradition of Sri Pattabhi Jois.

**Gentle Hatha/Reiki** is a blend of hatha yoga combined with Reiki's healing energy.

## Meditation

### OPEN MEDITATION

Practice meditation with the aid of group energy!

### MEDITATION WITH NATIVE FLUTE

1<sup>st</sup> Friday of each month

January 5, February 2, March 1, April 5 at 6:30 pm

Donations ONLY

### GUIDED MEDITATION & SOUND BATH

3<sup>rd</sup> Friday of each month

January 19, February 16, April 19 at 6:30 pm

### INTRODUCTION TO MEDITATION

Fridays, March 8, 15, 22, & 29 • 6 pm

\$40/  
4 weeks

This class is designed for those who wish to begin a meditation practice. It will consist of instruction, practice and discussion. Classes will vary in meditation styles allowing beginners to get a wide variety of tools to establish their own practice. Meditation helps to relieve stress, increases happiness, and develops compassion, love and patience. *Diane Lagadec*

### INTRODUCTION TO METTA MEDITATION

Sundays, February 4, 11, 18, 25 • 11 am

\$40/  
4 weeks

Many of us often have difficulty expressing feelings of love or kindness toward ourselves. Maybe we feel unworthy. Maybe it seems that someone else, somewhere else needs it more. There's a hitch though; without loving ourselves, without wishing kindness and developing a sense of ease for ourselves, we can't bring it to others in a sustainable way and vice versa. A traditional Buddhist meditation, Metta means Loving-Kindness. Metta is a practice of bringing a kind, gentle attention to oneself and when ready, others. Come out to the Center and join us for a 4 week introduction to Metta Meditation practice. "May We All Be Happy and Peaceful."

*Steve Dutra, a sometimes traveler, counselor, MSW, teacher, skateboarder, and novice mechanic: Yoga and Meditation bring to my life a sense of ease. I appreciate sharing with others the practices that work for me. I learned the foundations of Hatha Yoga during the 200 YTT with Diane at the Center and continued with Restorative and Therapeutic practices through an additional 300 YTT with Samantha Akers in Humboldt County, California. I learned about sitting from Heidi Bourne and always aim to love, serve, remember.*

### YIN YOGA AND INSIGHT MEDITATION WORKSHOP

Sunday, March 3 • 3-5 pm

\$35

Yin Yoga focuses on gently exercising the connective tissue in the body. These postures can help restore the healthy flow of energy in our bodies by opening up blockages and releasing energy to flow freely within us. Practicing Yin Yoga increases flexibility, boosts circulation, and activates the para-sympathetic nervous system, calming the heart rate and reducing stress. It also allows for the deep cultivation of awareness, breath, and meditation as we surrender into floor postures for longer periods of time than other styles of yoga. During this workshop, we will work with the first of the *Buddha's Four Foundations Of Mindfulness*, mindfulness of the body as we explore the poses, and end class with 20 minutes of lightly guided Vipassana (Insight) meditation. Cushions, chairs, blankets and bolsters are available for use. Join us to explore this form of Yoga and meditation. *Lynne McCarty*

*Lynne completed Yin Yoga Teacher Trainings with Christine O'Shaunessy, Sarah Powers, and Josh Summers. She completed her 200-hour Yoga Teacher Training with Diane Lagadec at Maha Yoga Center.*

*Suitable for all levels. Beginners are welcome and encouraged!*

## Yoga & Sound with Claudia D'Emilia Iafrate

### FULL MOON GONG VIBRATIONS Saturday, February 24 at 1 pm

\$35

For stress reduction and relaxation, the immersive and harmonious sounds produced during a gong bath can induce a state of deep relaxation. The vibrations created by the gong and other complementary instruments, have the potential to help calm the nervous system, reducing stress and promote a sense of tranquility. This can be especially beneficial for individuals dealing with stress-related conditions. You will be led in a short guided relaxation before the Mystical Gong Vibrations, followed by a kundalini-based meditation. Join *sound & energy medicine practitioner, Claudia D'Emilia Iafrate*, under the rising of the Snow Moon.



### A KUNDALINI YOGA EXPERIENCE Sunday, April 21 at 2 pm

\$25

Kundalini Yoga is a dynamic form of yoga with emphasis placed on the breath combined with movements of the body, meditation and sounds. In this class, you will be guided through a set of movements that works systematically from the base of the spine to the top, stimulating the energy channel known as the charka system. Many people report greater mental clarity after regular practice of this kriya. A contributing factor may be the increased circulation of the spinal fluid, which is crucially linked to having a good memory. The sounds of the Gong will be included for a mystically relaxing experience! If you can move... if you can breathe... you can do Kundalini Yoga. Beginners welcomed and encouraged. Life can be difficult... that's why we do Kundalini Yoga!



### NATIVE AMERICAN FLUTE SEMINAR Taught by Jerry Lagadec

Sunday, January 21 at 1 pm

Seminar Fee: \$150

You must pay for this seminar by January 5.



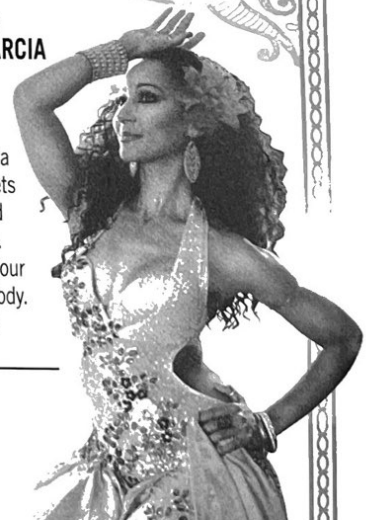
In all schools and paths of wisdom, one truth is a staple: "Everything flows from the breath." Experience this for yourself on one of Odell Borg's amazing cedar flutes. No heavy, complex theory or intimidation; you'll leave playing and enriched. (Price includes the flute, an instructional tape, and a booklet on additional flute techniques.)

## Raks Sharqi (Bellydance)

WITH AMAR GARCIA

### WHAT IS RAKS SHARQI DANCE?

Raks Sharqi dance, also known as "bellydance", originated in the Middle East as a folk/social dance and in the modern era became a highly artistic performance art. Raks Sharqi dance lets us celebrate our bodies that come in all shapes and sizes and represent an array of ages, gender, and cultural backgrounds. The movements will help stretch and tone your body, increase your stamina, give you body control, and help promote a confident body. Bring a hip scarf and get ready to shimmy your stress away!



### Polishing the Basics & Continuing (combined classes)

6:30-7:30 pm

8 week series — \$112

Wednesdays January 10- February 28

(January 10, 17, 24, 31, February 7, 14, 21, 28)

8 week series — \$112

Wednesdays March 6 - April 24

(March 6, 13, 20, 27, April 3, 10, 17, 24)

7 week series — \$98

Wednesdays May 1 - June 12

(May 1, 8, 15, 22, 29, June 5, 12)

REGISTRATION  
REQUIRED  
FOR COURSES.  
NO DROP INS.

# YOGA



Workshop for Maha Yoga Teacher Training Only

## THE ASANA

A workshop for only those in the Maha Yoga Teacher Training.

*Diane Lagadec*

**PART 1: Saturday January 6 2 pm**  
**PART 5: Sunday February 18 2 pm**  
**PART 6: Saturday March 30 2 pm**  
**PART 2: Saturday April 27 2 pm**



## A SOUND-BASED YOGA PRACTICE WITH NELLY

\$25

In this workshop, you'll be led through a mindful flow of yoga postures with attention on the breath and body. The class will be accompanied by a variety of sound healing instruments such as singing/crystal bowls, hand drum, metallophone and others. Let the sounds of these healing instruments connect you to the pulse of Mother Earth while you move your body in flow with your breath. *Nelly Majer*

**Saturday, January 6**

**1 pm**

## INTRODUCTION TO YOGA

\$30/3 classes

Start this new year with a gentle introduction to the stretching, strengthening, breathing and relaxation exercises of Yoga. Our Yoga Instructor, *Danielle Levesque*, will teach you the basic building blocks of a yoga practice so that you could confidently practice on your own or join in a class.

**Saturdays, January 13, 20, 27**

**2 pm**

## YOGA NIDRA: THE PEACEFUL YOGA PRACTICE

\$15

Yoga Nidra translates as "Yoga Sleep" or "Wakeful Sleep". It is a practice that induces physical and mental tranquility thereby ridding the mind of chronic tension and inducing deep relaxation, inner knowledge and meditation. This class will include a gentle yoga sequence followed by guided Yoga Nidra. Appropriate for all levels. *Diane*

**Sunday, January 14**

**2 pm**



**AN AFTERNOON OF RESTORATIVE YOGA**  
**Sundays, January 21, February 11, March 17, & April 14**  
**1-3 pm**

\$25/CLASS

Restorative yoga has been called "the antidote to stress". This form of yoga consists of supported poses that lead to deep relaxation and profound openings. By relaxing deeply into each of the poses physiological changes occur that are beneficial to health and that can reduce the effects of stress related diseases. No yoga experience is necessary.

*Pam McGoodwin*

## Psychology of Yoga

*With Susan Nisenbaum-Becker, M.A., L.C.S.W.*

### PART 3

\$25

Students will share a brief paper on their own spiritual development using their learning about the Yoga Sheaths and Chakras. Class will include group discussion and practices. Must have completed Part 1 and Part 2.

**Saturday, January 27**

**1 pm**



## A DAY RETREAT: A PEACEFUL WINTER DAY RETREAT

with *Deb Arnold and Diane Lagadec*

\$85

**Sunday, January 7 • 11:30 am - 3:30 pm**

After the busyness of the holiday season this day retreat will focus on Yoga practices that will create a calm mind and open heart. The day will begin with meditation and then move into an active asana class.

We will break for a warming lunch that will be shared in silence. After lunch we will share tea and discuss the practice of Yoga. Then we will move into a peaceful Yoga Nidra practice.

(\$85 cost includes lunch)

## CREATING A HOME YOGA PRACTICE

\$30

Dark winter nights or snowstorms keeping you from your favorite class at Maha? Come learn how to create a simple home yoga practice! Taking your yoga practice home can help you maintain your strength and flexibility, and allows you to take some time to connect with yourself whenever you need it. All you need is space for your mat! At this workshop you will learn how to sequence a short home practice, including movement, breathwork and meditation. Please bring a notebook and pen. *Danielle Levesque*

**Saturday, February 3**

**2 pm**

## YOGA PHILOSOPHY

\$25 / class

Patanjali's Yoga Sutras are widely regarded as the foundation of Yoga philosophy. In these ancient Yoga Sutras, Patanjali lays out a path for those who wish to "still the mind". His aphorisms are practical statements of methods for attaining this stillness. He also explains the 8 steps of classical yoga, the various paths of yoga and more. This class will help deepen and broaden your knowledge of Yoga. *Diane Lagadec*

**PART 1 - Sunday, February 4**

**2 pm**

**PART 2 - Sunday, April 7**

**2 pm**

## TEACHING PRANAYAMA - MYTT

\$25

As Yoga teachers we may be tempted to emphasize the physical (asana) practice over the practice of breath (pranayama). If we do, we omit a key component of the mind-body connection, as breath is the link between the two. In this class we will examine how to lay a foundation in pranayama practice with dirga breath, how to teach pranayama like nadi shodhana, ujjayi, kapalabhati, bhastrika, and others, and the importance of explaining the benefits of each pranayama taught. (MYTT bring notebooks) *Diane Lagadec*

**Saturday, March 2**

**2 pm**

## INTRODUCTION TO YOGA

\$40/4 CLASSES

If you missed our beginning class in January, join us now for a gentle introduction to the stretching, strengthening, breathing and relaxation exercises of Yoga. Our Yoga Instructor, *Steve Dutra*, will teach you the basic building blocks of a yoga practice so that you could confidently practice on your own or join in a class.

**Saturdays, March 2-23**

**1 pm**

## MAHA YOGA TEACHER GATHERING

**Saturday, February 17 at 2 pm**

**Free**

For all Maha Yoga Teachers and Teachers in Training—a chance to get together with your fellow Maha Yogis and Yoginis. We can sit, talk, share on this cold winter afternoon. I will bring the tea to warm us!



## THE ART OF VINYASA

\$25

Do you love the idea of flow but are unsure how to put asana together? Do you enjoy fun/unusual music but aren't sure if it's "yogic?" Here's your chance to learn how to string together asana in a beautiful, fluid and joyful way while allowing prana to course its way through the body's twists, turns, and balances. Join us in this workshop for all levels... bring your sense of humor! *Cindi Assad*

*Cindi is a 200+ hour certified yogi with extra-curricular experience in Barre, Pilates, Personal Training, as well as teaching at Bridgewater State University. Cyndi Lee, Baron Baptiste, Sharon Gannon, Shiva Rea, and Jonathan Urla are among her many teachers; however, Cindi spent 17 years teaching Vinyasa and Ashtanga at Maha Yoga under Diane Lagadec's direct tutelage. She has had a blessed and exciting teaching career.*

**Saturday, March 9**

**1 pm**

## YOGA SUTRA DISCUSSION

\$10

The Yoga Sutras form the basis of classical yoga; they provide the philosophy behind the practice and are a necessity for any serious student of yoga. Study of the Yoga Sutras will help deepen your personal practice and make your teaching more informed. To prepare for this class please read and be prepared to discuss any Sutra in Book 1 or Book 2. *Diane Lagadec*

**Saturday, April 6**

**2 pm**

## PREGNANT YOGA STUDENT - MYTT

\$25

So! What do you do with your regular yoga student who joyfully announces that she is pregnant and wants to continue taking your class? Fear not! This class is for you! Learn the basic precautions, the safe asanas and the modifications of others, the safe use of pranayama, and how to enhance the well-being of your pregnant yogini. Yoga, practiced during pregnancy can bring peace and freedom to the body, heart and mind of both mother and developing baby. *Diane Lagadec*

**Saturday, April 20**

**2 pm**

## TEACHING GENTLE HATHA YOGA - MYTT

\$25

Our own *Judy Prisco*, who teaches a very successful Gentle Yoga class here at The Center, will show you how to modify a traditional Hatha Yoga class so that it is appropriate for students with limitations.

**Sunday, April 28**

**1 pm**



FOR MORE INFORMATION ON ANY OF OUR CLASSES, CALL 508-697-3273

PLEASE pre-register to assure the class and your space in it. You may register in person, by phone or by email.

## Book Discussion

\$10  
EACH DATE

**The Bhagavad-Gita: Krishna's Counsel in Time of War**  
Translated by Barbara Stoler Miller

**DATES:** Sundays, January 28, February 25, March 24 • 2 pm

The Bhagavad Gita is an ancient Sanskrit text that contains some of the most powerful teachings in the practice of yoga. It is a spiritual text that offers timeless teachings and advice on what is our true nature and purpose in life. The Bhagavad Gita's purpose is not to give a "how-to" guide on yoga poses or breathing exercises, but to explain higher concepts like the nature of human existence, how to live a meaningful life, the importance of spiritual seeking, and the many paths of knowledge. *Danielle Levesque* will lead a 3-part discussion of this fascinating text. (Please read the first 6 chapters before our first meeting)



**SATURDAYS**  
**FEBRUARY 10 & APRIL 13**  
**AT 7 PM**

The singing of kirtan goes back thousands of years in India. Created by ancient rishis from the seed mantras of the Vedas, the sounds are designed to resonate with the chakras. As powerful as it is, kirtan is effortless and incredibly enjoyable! Come and experience this joyful but deep form of practice.



靈氣 **Reiki**

CEU's available for nurses

Taught by **JUDY PRISCO, Reiki Master Teacher**

Reiki is an energy-based healing tradition that is thousands of years old. Rei (spirit) and Ki (life force) is a laying-on-of-hands method where the practitioner serves as a conduit to channel universal energy to heal and restore balance. It is a holistic practice that balances all levels—physical, emotional, mental and spiritual—to promote healing.

**REIKI 2** (\$25 deposit required) **\$200**

Learn and practice 3 Reiki symbols: powerful tools that will enhance your healing abilities and allow you to send distance healing. Pre-requisite is Reiki 1. **Minimum 2 Saturday, February 10 11 am-4 pm**

**REIKI REFRESHER** **\$20**

If you are a Reiki 1, Reiki 2, or Reiki Master Teacher and you haven't utilized your Reiki skills in a while and would like to revisit the teachings, this workshop is aimed at updating your knowledge of Reiki. We will review material covered in your Reiki training, assess where you are in your practice and provide an opportunity to practice Reiki on each other. I teach Usui Reiki but anyone attuned to other modalities is welcomed. Please bring your Reiki 1, 2 and Master packets with you. Students not attuned by me must bring your current Certificates of Reiki attunements with you. Dress comfortably.

**Sunday, March 10 1 pm**

## AMNESTY GROUP 561

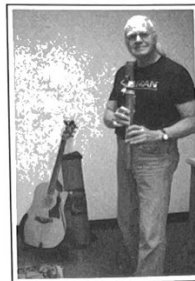
Through detailed research and determined campaigning, we help fight abuses of human rights worldwide. We bring torturers to justice. Change oppressive laws.

And free people jailed just for voicing their opinion. Join us!

We meet on the 3rd Sunday of each month at Mike Shea's Coffeehouse

January 21, February 18, March 17, April 21 • 11:30 am

## Barefoot Concert Series



**Words, Wind, and Wood**  
with **Jerry Lagadec**  
**Sunday, March 10 at 1 pm**

\$15

A collection of songs, poetry, and anecdotes from my long life of various incarnations. I'll feature some old and new material using my voice, Native American Flute, and acoustic guitars. All proceeds will go to Jose Andres' WORLD CENTRAL KITCHEN that is providing food to all the victims of nature's hiccups and human insanity. Please attend, if you can.

## Additional Offerings

For more information, call 508-697-3273

### INDIVIDUAL AND FAMILY COUNSELING

**Elaine Fillion-Crouse LICSW** offers *Psychotherapy at the Maha Yoga Center*

With so many changes in the world, and ongoing stressors; whether current or from the past, it may be time to invest in your personal well-being. I take many insurances (unfortunately not Medicaid), and I specialize in life transitions, managing life stressors, anxiety, depression, PTSD and other concerns. **Feel free to call me for a free consultation: 508-289-1723.**

**Susan Nisenbaum-Becker, M.A., L.C.S.W.**

General family practice specializing in mental health issues for women, eating disorders, depression, anxiety and life transitions.

### YOGA THERAPY

**Danielle Levesque, C-IAYT**

Yoga therapy is an individualized application of yoga practices that is tailored to your specific needs. It is a whole-person approach to health and wellness that addresses all levels of your humanity. We work together one-on-one to define your health goals, and create an accessible home practice to promote your well-being. Yoga therapy is appropriate for everyone, regardless of yoga experience or physical conditions.

Email [djlevek40@gmail.com](mailto:djlevek40@gmail.com) for a free 1/2 hour initial assessment

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# Massage & Bodywork

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## Claudia D'Emilia Iafate

Reiki Master Teacher

## Judy Prisco

Reiki Master Teacher

## Eric Chase

Licensed Massage Therapist  
Swedish and Deep Tissue

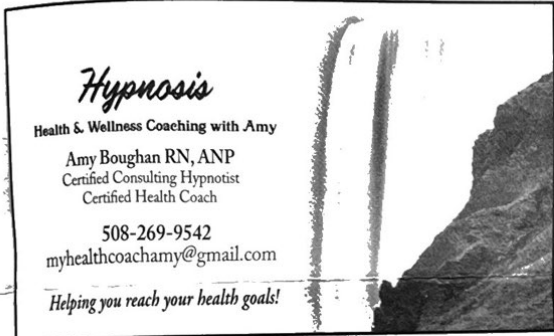
The relaxing and healing powers of massage  
were practiced over 5,000 years ago.  
Our staff is professionally trained, fully licensed,  
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**30 Minutes \$40**  
**60 Minutes \$65**  
**90 Minutes \$85**  
Chair massage is available,  
but must be scheduled in advance.

**EAR CONING** • This ancient art is a non-invasive way to help control waxy build up, chronic ear congestion, sinus problems. Ear candles create a vacuum that draws out ear wax and fluids in a safe manner.

**REIKI** • Reiki is an energy-based healing tradition. It is a laying-on-of-hands method where the practitioner serves as conduit to channel universal energy to heal and restore balance. It is a holistic practice that balances all levels—physical, emotional, mental and spiritual—to promote healing.

**AROMATHERAPY MASSAGE** • Aromatherapy massage is massage therapy but with essential oils added to the massage oil. It is particularly suited to conditions involving stress. Our therapist will choose the added essential oil based on what you need. For example, a relaxing aromatherapy massage may include lavender or bergamot essential oil, while a massage for sore muscles might include peppermint or eucalyptus.



**Hypnosis**  
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CLOTHING ◊ T-SHIRTS ◊ BELLY DANCE SUPPLIES

GIVE THE GIFT OF WELLNESS  
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MAHA YOGA CENTER GIFT CERTIFICATE



**JEANNE FULLER-JONES, REALTOR**

Keller Williams Realty  
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Easton, MA 02375  
JFJHomes.com  
Phone: 774 240-8928  
Fax: 508 238-6068  
jfuller-jones@kw.com



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AMNESTY GROUP 561 meets at 11:30 am on the 3rd Sunday of each month:  
January 21, February 18, March 17, April 21

OM SWEET OM  
T-SHIRTS  
AVAILABLE!



Visit our website for class listings and updates:  
[www.MahaYogaCenter.com](http://www.MahaYogaCenter.com)

Winter into Spring  
2024 Offer

FREE  
Nagchampa incense sample

