

Foundations of Svaroopa® Yoga

May 25-29, 2018, Richmond, VA

Begin at the Beginning

Most of your aches, pains and problems originate in spinal tension; your doctor knows this.

Svaroopa® yoga gives you core opening, the decompression of your spine. Watch your problems melt away as bliss arises within and overflows into your heart and your life.

Whether you are a new yogi, an experienced Svaroopi or coming from another yoga style — Foundations of Svaroopa® Yoga will give you a deep, rich experience and the information you need to practice yoga on your own, or share yoga with others.

Learn 16 of the most important poses, Primary Spinal Openers of Svaroopa® Yoga, which are used at all levels of practice. Also included are meditation, yoga philosophy, anatomy, partner pairing, stories from the ancient sages, and an intro to chanting the Sanskrit texts. Your yoga filled days include yoga classes and deep guided relaxations. You'll be amazed how you can be relaxed and energized to learn in a whole new way, organically. Take your new skills home with you to deepen your own practice, or use Foundations as the prerequisite course for our Teacher Training programs. Successful completion of Foundations qualifies you to be certified as an Introductory Teacher of Svaroopa® Yoga.

"Exceeded my expectations. Loved the feeling of yoga community and the respect everyone had for the practice. Amazed at the details of the practice and found the intro to philosophy fascinating."



"I came not knowing what to expect – but simply wanting to know, understand, and feel the effects of Svaroopa® Yoga in a more complete way. This course did that for me...and SO much MORE!"

Even if you don't want to teach, you learn how to design classes, or your own yoga practice sessions for the most benefit in the shortest time. And you'll know how to help others with customized alignments and props for them to get maximum results with minimum effort. During the course, your knowledge of each pose builds day by day, pose by pose, especially while working in partner-pairs to give and receive coaching and adjustments in every pose. Precision with compassion, Svaroopa® Yoga provides amazing results, as well as profound experiences of Consciousness.

Cost: \$645 early registration by 4/27/18, plus \$45 materials fee. \$695 after 4/28.

Space is limited...secure your spot!

Location:

Bon Air Yoga

2730 Tinsley Drive, Suite 204

Richmond, VA 23235.

www.bonairyoga.com

To register contact: Tirtha (Kirsten) Hale

email: bliss@bonairyoga.com or 804-519-7471