



*Svaroopa*® yoga is a modern expression of yoga's ancient tradition of opening the spine for delving into the deeper dimensions of your own existence.

*Svaroopa*® yoga targets the internal structures of your body to unravel the deepest knots of muscular tension resulting in "core opening" or "spinal release."

Using precise alignment in body friendly ways, *Svaroopa*® yoga poses release tensions in your deep spinal muscles, opening you to the bliss of your own being.

*Svaroopa*® yoga is both a precise and compassionate yoga practice created for healing, transformation, and illuminative experience of your own true Self.

Visit: [www.svaroopa.org](http://www.svaroopa.org)

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Learn the fundamental elements of *Svaroopa*® yoga, named by Yoga Journal as one of the primary yoga styles in the United States. These six days offer a profound experience which will deepen your own practice as well as prepare you to share this yoga with others.

*Svaroopa*® yoga emphasizes the development of your inner experience of clarity, bliss and being, through working with your body in specific ways. The yoga poses work with both precision and compassion. The reliable results include profound and immediate improvement in three primary areas:

1. Healing on all levels: physical, mental, emotional, and spiritual.
2. Personal growth and transformation.
3. The blossoming of transcendent inner experiences.

**Program Schedule:**

Wednesday: 2:00 PM - 6:00 PM

Thu, Fri, Sat, Sun: 7:00 AM - 6:00 PM

Monday: 7:00 AM - 5:00 PM

(All class times are an essential part of this training. No absences or make-ups are allowed if you want to receive full credit for this course.)

**Suggested additional materials:**

*3 ring binder for your handouts, pens/pencils/paper for notes, meditation/personal journal, water bottle.*



## Foundations of *Svaroopa*® Yoga

**WHEN:**

Oct. 17 – 22, 2018

(Wednesday – Monday)

**WHERE:**

Yoga At The Well

2100 1<sup>st</sup> Ave. S.

Mpls, MN 55404

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

***Lay the foundation for incredible personal shifts and openings!***

**Foundations is for everyone** – students, teachers and new yogis. Get powerful changes in your body in only five days with *Svaroopa*® yoga's most reliable tools. Develop techniques and understanding that deepens and inspires *your* yoga practice.

Learn the Primary Spinal Openers of *Svaroopa*® yoga, working in partner pairs to give and receive coaching and personalized adjustments under the careful guidance of experienced Teacher Trainers. Learn the principles of *Svaroopa*® yoga anatomy that clarify where medical anatomy and yoga anatomy meet and where they differ. Gain new understanding of the openings you receive in your body. Experience the depth of daily chants and meditations enhanced with the ancient teachings of the yoga sutras.

***This is your first Step toward Svaroopa® yoga Teacher Training!***

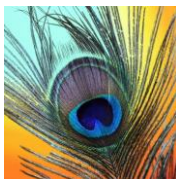
If you decide that you would like to teach *Svaroopa*® yoga, you can begin to share what you've learned in this course with others upon successful completion of Foundations! You will also be eligible to become a member of SATYA (*our teacher's association*). You'll have the support you need to begin sharing yoga's profound teachings through contemplations on the experiences that blossom forth, for you and for your students.

## Bhakta (Leslie) Johnson



Bhakta began teaching *Svaroopa*® yoga soon after completing Foundations in 2002 and now serves as a Foundations Teacher

Trainer, Leading Teacher, DTS Mentor and Embodiment® Therapist Trainer & Weekend Workshop Teacher. At home, at her studio in Mpls, MN she offers weekly yoga classes, Half-Day & Weekend Workshops, Embodiment®, *Svaroopa*® yoga therapy & Vichara sessions, and teaches *Svaroopa* Vidya® Meditation. Steeped in the depths of yoga; her compassionate and patient approach easily communicates the knowledge and experience of yoga. Bhakta has over 20 years of experience with meditation and yoga and has been trained under the guidance of Swami Nirmalananda since the year 2002. "There are many different styles of Hatha yoga (the practice of asana). I chose to teach *Svaroopa*® Yoga because it gave me the most profound change." By delving into and through your own body you can come to know your own True Self.



## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Early Bird paid by June 1st**

**\$665.00 + \$55 material fee**

**Regular Registration thereafter**

**\$715.00 + \$55 material fee**

This program is coordinated by Bhakta, Leslie Johnson. To register and make payment with a credit card go to my web site:

**[www.yogaatthewell.com](http://www.yogaatthewell.com)**

Or, fill out this form and send a check or money order to:

Yoga At The Well  
2100 1<sup>st</sup> Ave. S  
Minneapolis, MN 55404  
Contact Bhakta: 612-408-0434  
[bhaktajohnson@hotmail.com](mailto:bhaktajohnson@hotmail.com)

*Cancellations 4 weeks prior is a full refund,  
3 weeks is 75%, 2 weeks 50%,  
No refunds within 1 week of program.*