

New Year's Weekend Retreat

Clarity and Confidence



January 5 – 6, 2019

Saturday & Sunday

9am – 5pm (2 hour lunch break)

A Weekend Retreat with
Bhakta (Leslie) Johnson

Location:

Yoga At The Well
2100 1st Ave. South
Minneapolis, MN 55404

Early Rate:

\$245 if paid by 12/22

Regular rate:

\$285 after 12/22.

Saturday and Sunday 9am - 5pm
both days with a 2-hour lunch break
approximately from 12:00 – 2:00.

Pay on-line, in person, or send a
check to Yoga At The Well.

Register on-line at:

www.yogaatthewell.com

Email:

bhaktajohnson@hotmail.com

Contact:

Bhakta (Leslie) Johnson
612-408-0434

Start the new year with a spring in your step!

Experience deep and significant changes with poses that provide radical and integrated healing and transformations. Deep and easy meditation, chanting, and Self inquiry give you illuminative experiences that open you to a new and deeper level of being. You are supported by the Grace of the *Svaroopa*® yoga practices that conspire to give you the clarity and confidence for a radiant and Divine life.



Taught by *Svaroopa*® Vidya Ashram Faculty Member Bhakta (Leslie) Johnson, Leading Teacher, C.S.Y.T., RYT Bhakta's first introduction to *Svaroopa*® yoga was in a class with Swami Nirmalananda, founder of this style. She continued to practice *Svaroopa*® yoga from that point on, experiencing not only a new-found comfort in her body, but an expanded awareness beyond the limitations of her body and mind. Bhakta is steeped in the depths of yoga; with her compassionate and patient approach, she easily communicates the knowledge and experience of yoga. Having started her training in *Svaroopa*® yoga in 2002, she serves as a Foundations Teacher Trainer, *Embodiment*® Therapist Trainer and offers an array of yoga and meditation classes, therapies and workshops from her home studio, Yoga at the Well, in Minneapolis, MN.