

SVAROOPA® YOGA

Foundations

*Experience a new way to live in your body,
to move and breathe, and most importantly – to be.*

Rehoboth Beach, Delaware • January 21 to 25, 2018

Dive deeper into your practice and understanding of Svaroopaa® yoga.
Learn how to teach others. No prior experience necessary.

PROGRAM

- Working with partners; learning the primary poses and adjustments
- Detailed handouts on each of the primary poses
- Introduction to Anatomy and Physiology
- Introduction to yoga's teachings from the ancient texts
- Yoga classes and deep guided relaxations
- Chanting and Meditation

Presented by



LOCATION

To be determined in the Rehoboth Beach area.

REGISTRATION:

Early Tuition Discount by December 10, 2017: \$645
Course tuition after December 10, 2017: \$695
Materials fee: \$45

CANCELLATION POLICY:

Prior to December 20, 2017: full refund less \$100 fee
Prior to December 30, 2017: 50% refund
No refund after December 31, 2017

**For more information
or to register:**

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