

# INTRODUCTION TO YOGA-BASED MEDITATION

*With Sandy ‘Mati’ Gilbert*

Certified *Svaroopa*® Vidya Meditation Teacher and Certified *Svaroopa*® Yoga Teacher

## Various Dates — see information to the right

*This 3-week series is for those who are new to meditation, those out of practice, and for those who have tried other styles in the past.*

*Each session will include lecture, instruction, meditation, and discussion periods. You will learn a simple and effective meditation practice to try out in class and practice at home. You will also learn how to sit comfortably and how to quiet your mind. Sandy/Mati will offer clear explanations of what *Svaroopa*® meditation is, and how and why to do it. She will also help you with any difficulties you might encounter along the way.*

*Most importantly, you will be given the tools that will give you the confidence and inspiration to make meditation a regular part of your life. And so much more!*



Sandy/Mati has been teaching *Svaroopa*® Yoga for over 10 years and is a Certified *Svaroopa*® Yoga Teacher. She has continued teacher training with *Svaroopa*® Yoga's originator Swami Nirmalananda (formerly Rama Berch) during this time.

Sandy is also a Certified *Svaroopa*® Vidya Meditation Teacher and Group Leader, trained under the leadership of Swami Nirmalananda at *Svaroopa*® Vidya Ashram. Sandy shares her enthusiasm and personal experience of the transformative power of *Svaroopa*® Yoga and now *Svaroopa*® Meditation in her teachings.

Cost for this series is \$65 – save \$5 if you register by March 2  
Pre-registration recommended – payment can be made on 1<sup>st</sup> day of class

For information and to register, contact RBYoga at [rehoyoga@verizon.net](mailto:rehoyoga@verizon.net) or 302-226-7646