



# YOU ARE BLISS

With Rukmini (Maria) Abbruzzi, CSYT  
Certified Meditation Teacher and Group Leader

**BLISS SERIES: Tuesday, April 1 and 8, 2014 (6-745 PM)**

*Dive deep into the Bliss of your own Being. Ujjayi Pranayama, simple poses, and specially chosen contemplations dissolve the layers that block the light of yourself as Consciousness itself. Slooow down, surrender to your Self, and allow your inner radiance to shine.*

**Cost: \$20 walk-ins – no RBYoga cards.**

**BLISS WORKSHOP: April 26 and 27, 2014 (9 AM to 5 PM w/leisurely lunch)**

*Take the bliss you experienced in the series to a higher deeper level. Ujjayi Pranayama, in combination with well-supported poses, in deep angles, with longer holds, interwoven with contemplations from ancient texts, will create powerful change and healing through your body, mind and emotions. It is transformational! Discussion periods each afternoon will clarify and help integrate your understanding of your experiences.*

**Cost: \$180 if prepaid by April 15<sup>th</sup> -- \$200 after that date.**

Both the series and the workshop are open to beginners through advanced practitioners. Any medical concerns please check with Rukmini at 302-644-YOGA (9642).



Rukmini has studied with Swami Nirmalananda Saraswati and shared her teachings with others for 13 years. In her local community, she teaches meditation and yoga plus leads ongoing satsangs. As a Teachings Assistant to Swami Nirmalananda, she supports and serves the great Svaroop® Vidya Ashram community.

Rukmini's dedication to and love for the meditation and yoga practices make her a clear conduit for the grace that flows through the Svaroop-Vidya lineage from her guru Swami Nirmalananda, her guru, Swami Muktananda, and his guru, Bhagavan Nityananda. Rukmini brings her heart to everything she does. She offers these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these meditative tools and experience your own divine essence.

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