



INTRODUCTION TO **SVAROOPA® VIDYA MEDITATION**

With Mati (Sandy) Gilbert

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

**Saturday, March 7, 14, & 21, 2020
(3 - 430 pm)**

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.

In each class, 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® Vidya 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 almost 15 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 \$15 if you register by February 29
Pre-registration recommended - payment can be made on 1st day of class

For information and to register, contact sandy@rehobothbeachyoga.com or 302-226-7646