

*Free Introduction Class to
Svaroopo[®] Yoga & Svaroopo[®] Meditation*

on 22nd September 2018

Svaroopo[®] is the Sanskrit word meaning the “bliss of your own being” or your true form. Svaroopo[®] Yoga is a gentle and meditative style of Hatha Yoga. During a Svaroopo[®] class poses are carefully chosen and sequenced to provide release of muscular tensions deep in the core of the body along the spine. While in the poses you are supported with various props which allow the tensions within the body to release without exertion. This is truly a form of yoga that anyone can do regardless of experience, fitness level or age. As tensions begin to leave the body you will begin to feel less pain, less stress and a sense of deep relaxation.

The goal of Svaroopo[®] Yoga Meditation is to experience your true form. If you have been curious about meditation and its benefits this introductory class will help you find the answers.

This class will offer an overview of the goals and purposes of meditation. A Svaroopo[®] Meditation practice will help you to still your mind and to discover the “bliss of your own being”

Instructors

09/22/18 - 9:00am to 10:30am – Introduction to Svaroopo[®] Yoga asana practice
Nirooshitha Sethuram, CSYT and Annette Zucco, CSYT

09/22/18 - 11:00am to 12:00pm – Introduction to Svaroopo[®] Meditation
Yogeshwari (Lissa) Fountain, CSYT

Register for one or both of these classes!!

Location: Marlborough Yoga • 19-A Maple Street • Marlborough, MA 01752

www.marlboroughyoga.com

To register please contact Nirooshi Sethuram at
508-887-5495 or nirooshi@marlboroughyoga.com
(advanced registration is required)

