

Registration Form

- We accept cash or checks.
- You may reserve your space with a \$25 deposit or full payment.
- Please fill out the form below and return to:
Marlborough Yoga, 19-A Maple Street, Marlborough, MA 01752
- Please make checks payable to: **Marlborough Yoga**

Name: _____

Preferred Telephones: (w): _____

(h): _____

(c): _____

(email): _____

Check Class Day and Time

___ Sun. 5:30 pm ___ Tue. 10:00 am ___ Tue. 6:00 pm
___ Wed. 9:30 am ___ Fri. 12:00 pm

- If attending 2 or more adult yoga classes for the session, a 10% discount is offered.
- Students may join classes with available space at any time. Fees will be pro-rated.
- Make-ups for missed classes are offered in classes with available space within the session.
- In case of cancellation due to inclement weather, make-ups will be offered within the session. Snow cancellations will be listed on the website and or you can find out by calling 508-887-5495.
- Students observing religious holidays may pro-rate the course fee or make up the class.
- Drop-in fees: 1 hr. 15 min class \$21
1 hr. 30 min class \$23
1 hr. 45 min class \$25

Directions

Marlborough Yoga is in Maple Crossing between Granger Blvd. (Rt. 20 Bypass) and Maple Street. Other businesses in our building are DMD Dental, Clockwork Pizza, Edward Jones Investments and Distinctive Realty. We are at the end of the building on the second floor. A private entrance is just left of the door for Distinctive Realty.

From Rt. 20 going West: Follow signs into Marlborough. Pass through the intersection of Rt. 20 Bypass and Main St. Turn LEFT into Maple Crossing.

From 495 or Rt. 20 going East: Take Rt. 20 East (the Marlborough exit from 495). At the 3rd light merge RIGHT onto Rt. 20 Bypass. Go through 2 lights and take a RIGHT into Maple Crossing

From Route 85 toward Hudson: Take a RIGHT onto the Rt. 20 Bypass (Rockport Shoes is on your right). Turn RIGHT into Maple Crossing

MARLBOROUGH YOGA

Nirooshitha Sethuram

CSYT

nirooshi@marlboroughyoga.com

508.887.5495



Spring One Classes 2018

Beginner and Continuing Svaroopa® Yoga
Embodiment® Yoga Therapy

To know and be the One that you are, do more yoga.
Swami Nirmalananda Saraswati

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

www.marlboroughyoga.com

Nirooshitha's Spring One Svaroopaa® Yoga

- Sunday ~** ***Beginner/Continuing***
5:30-7:00 pm
Mar 4, (11 no class) 18, 25, Apr 1, 8, 15, 22, 29; **8 classes \$152**
- Tuesday ~** ***Beginner/Continuing***
10:00-11:30 am
Mar 6, 13, 20, 27, Apr 3, 10, 17, 24; **8 classes \$152**
- Tuesday ~** ***Beginner/Continuing***
6:00-7:30 pm
Mar 6, 13, 20, 27, Apr 3, 10, 17, 24; **8 classes \$152**
- Wednesday ~** ***Beginner/Continuing***
9:30-11:00 am
Mar 7, 14, 21, 28, Apr 4, 11, 18, 25; **8 classes \$152**
- Friday ~** ***Experienced***
12:00-1:45 pm (requires instructors permission)
Mar 2, (9 no class), 16, 23, 30, Apr 6, 13, 20, 27; **8 classes \$176**



Nirooshitha Sethuram

Nirooshitha Sethuram is a Certified *Svaroopaa*® Yoga Teacher (CSYT) and an Embodiment® Yoga Therapist. She was brought up in a yogic culture but continued her banking career for 15 years, until she found *Svaroopaa*® Yoga. Having taken classes for several years gave her a new focus in her life and she completed her *Svaroopaa*® Yoga teacher training. She brings a lot of enthusiasm and passion to her study of Yoga and to her teaching. She is delighted to share the healing, personal transformation and illumination of this yogic path with you.

About Svaroopaa® Yoga

The *Svaroopaa*® Yoga asana (pose) practice is based on core release or spinal decompression using precise alignments to open you up from tail to top. It is a supported practice using props such as blankets and blocks to meet your body where it is. *Svaroopaa*® Yoga emphasizes the importance of Shavasana (relaxation). During the guided awareness you will reconnect to your body in a deep and centering practice. This truly is a form of yoga that anyone can do, regardless of experience or fitness level. *Svaroopaa*® Yoga is recognized for its many benefits, both physical and spiritual healing, transformation and illumination.

Embodiment® Yoga Therapy

Embodiment® yoga therapy is a hands on healing modality which helps you to relieve pain and stress. This practice is based on spinal decompression, using hands on techniques to open you up from tail to top putting you in a healing state. This healing method will alleviate pain in your body and strengthen your core.

Sessions are by appointment; for more details please contact Nirooshi.