

Foundations of Svaroopaa® Yoga

with Bhakta (Leslie) Johnson

July 2 - 7, 2018

Monday: 2:00 pm - 6:00 pm

Tuesday to Friday: 7:00 am - 6:00 pm

Saturday: 7:00 am - 5:00 pm

Precision with compassion, *Svaroopaa*® yoga provides amazing pain relief as well as profound experiences of Consciousness. This practice will change your understanding of yoga forever. Foundations is a 6-day immersion training in Boise ID. You get incredible changes in your body while learning how to provide them to others.

Learn hands-on adjustments, props, alignments and teaching methodology for 16 poses, enough to teach intro classes in *Svaroopaa*® yoga. Also included are meditation, yoga philosophy, anatomy, partner pairing, stories from the ancient sages and an intro to the chanting of Sanskrit texts.

Bhakta (Leslie) Johnson CSYT, RYT 500



With her compassionate and patient approach, Bhakta easily communicates the knowledge and experience of yoga. She began teaching *Svaroopaa*® yoga after completing Foundations in 2002 and now serves as a Foundations Teacher Trainer, Leading Teacher, DTS Mentor and SATYA Enrollment Coordinator. At her home studio, Yoga at the Well in Minneapolis, MN, she offers weekly yoga classes, Half-Day Workshops, *Svaroopaa*® yoga therapy & Vichara sessions, and also teaches *Svaroopaa*® Vidya meditation classes.



LOCATION

Untiy North Atlanta
4255 Sandy Plains Rd.
Marietta GA 30066

HOSTS

Nityaa (Robin) Blankenship
<http://www.yogaatthewell.com>

TUITION

Early Rate: \$700.00
(on or before Jun 1 2018)
Standard Rate: \$750.00

REGISTRATION

<http://svaroopaa.org/foundations-ga-180702>

