

ABOUT SVAROOPA® YOGA & MEDITATION

Svaroopa® is Sanskrit for your own "true form." Experiencing your true form is the purpose of yoga, defined by Patanjali in the Yoga Sutras. This is the goal of all our practices. This experience is unmistakable, the unparalleled bliss of your own Beingness - the discovery of your own inherent Divinity.

Svaroopa® yoga uses body and breath to access your innermost essence, by decompressing your spine so your innermost current of energy flows unimpeded from tail to top. Our classes are well known for their precision, our teachers for their compassion and our practice for its immediate bliss and profound healing power.

Svaroopa® yoga is a sophisticated system, with highly trained teachers and a focus on consciousness. *Svaroopa®* vidya is Sanskrit for the experiential knowing (vidya) of your own inherent Divinity (*svaroopa*). Swami Nirmalananda gives teachings as well as initiation to open up your experiential knowing of your own innermost essence, which is already full, complete and whole, within you.

Swamiji says, "This is about you. This is about how you feel, and about who you feel yourself to be. When you know your own Self, you experience an inner depth and joy. You live in freedom and fearlessness which overflows into a beautiful generosity and love for all."



For more information or to find a teacher in your area contact:

**www.svaroopayoga.org
1.610.644.7555**

ABOUT YOGESHWARI

Yogeshwari is a certified *Svaroopa®* yoga teacher/therapist and Leading Teacher. She has been teaching *Svaroopa®* Yoga and meditation for 20 years, serving students throughout the Boston area. She has also been a traveling Weekend Workshop Leader for 8 years, bringing the teachings of yoga to students around the country.

Yogeshwari has completed multiple levels of advanced training and certifications, and is a teaching assistant at *Svaroopa®* Vidya Ashram, home of *Svaroopa®* Yoga. She continues to dedicate herself to her personal practices of *Svaroopa®* Yoga and meditation, and above all, takes pleasure in facilitating others in the joy of Self discovery. She looks forward to reconnecting with our community after serving for two previous events.



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WEEKEND WORKSHOP

***GROUNDING IN YOUR
BLISSFUL SELF***



Yogeshwari (Melissa) Fountain

April 14 - 15, 2018

Bonavista Downs
Community Association
1418 Lake Ontario Road SE
Calgary, AB

REGISTRATION INFORMATION

- Everyone is welcome. No previous yoga experience is necessary.
- Registrants *must* be present for the complete workshop - no exceptions.
- Cash or cheque (payable to Rosemary Nogue), post-dated no later than March 16, 2018.
- Full refund, less \$25 processing fee until 3-16-18, *50% refund* thereafter.

Early Bird Fee:

On or before March 16, 2018 **\$ 379**

Standard Fee:

After March 16, 2018 **\$ 429**

Register early as space is limited!

Name: _____

Address: _____

Phone: _____

E-mail: _____

Food allergies/intolerances:

Please mail this form and payment to:

Rudrani (Rosemary) Nogue:
10424 Mapleridge Cres. S.E.
Calgary, AB T2J 1Y7

WORKSHOP DESCRIPTION

GROUNDING IN YOUR BLISSFUL SELF

Let go of juggling everything while trying to hold it all together. Become grounded in your blissful Self and re-connect with this deep inner knowing.

Real balance comes from a place of surrender, while remaining stable and solidly planted in your feet and in your life.

Integrating *Svaroop*® Yoga's core opening practices throughout the weekend, you'll learn standing poses that teach you to lean into the solid ground beneath your feet and within your own Self.

Yogeshwari will lead you through a dynamic weekend of Self discovery with poses and meditation, providing reliable and deep changes in your body, mind and more.



DATES & HOURS

April 14 - 15, 2018

Saturday: 8:30 AM – Registration

Saturday: 9:00 AM – 5:00 PM

Sunday: 9:00 AM – 5:00 PM

- Catered (by Caroline), vegetarian lunches provided on both days.
- Comfortable layered clothing is recommended.
- All props will be provided.

CONTACTS:

Rudrani (Rosemary) Nogue

403-271-7810

rosemary@blissyogacalgary.ca

OR

Laksha (Elaine) Nesta

403-225-1444

elainenesta@gmail.com