

# Half Day Program

with Vidyadevi Stillman

January 13 2017

Saturday 9:00 am - 1:00 pm

Three hours of yoga poses plus an hour of chanting and meditation. Body, mind, heart and deeper – the bliss of consciousness is guaranteed. Anyone can attend; it's all user-friendly while being deeply effective and profoundly nourishing. Meditation instruction is included, along with personal attention in your poses for maximum benefits. How much can you get in a short time? You'll be amazed!

**Vidyadevi Stillman** CSYT, RYT 500, E-RYT 500



*Svaroopa*® yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with *Svaroopa*® yoga originator Swami Nirmalananda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.



## LOCATION

Bon Air Yoga  
2730 Tinsley Dr., Suite 204  
Richmond, VA 23235

## HOST

Tirtha Hale  
804.519.7471  
<http://www.bonairyoga.com/>

## TUITION

Early Rate: \$91.00  
(on or before January 5 2018)  
Standard Rate: \$101.00

## REGISTRATION

<http://svaroopa.org/half-day-program-1801>

