

Half Day Program

with Vidyadevi Stillman

January 14 2018

Sunday 2:00 - 6:00 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

Rendezvous Dance & Fitness Center
11910 Parklawn Dr.
Rockville, MD 20852

HOST

Michele M. Gordon
302.236.9146

<http://www.mireyoga.com/>

TUITION

Early Rate: \$108.00

(on or before January 7 2018)

Standard Rate: \$121.00

REGISTRATION

<http://svaroopa.org/hdp-180114>

