

# Foundations of Svaroopaa® Yoga

with Kusuma Sachs and Bhakta Johnson

**February 15 - 19 2018**

**Thursday: 1:00 - 9:00 pm**

**Friday to Sunday: 7:00 am - 9:00 pm**

**Monday: 7:00 am - 12:30 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 5-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

River Time Yoga  
1004 South Vista Ave.  
Vista Village Shopping Center  
Boise, ID 83705

## HOSTS

Karuna (Carolyn) Beaver  
[clbeaver@gmail.com](mailto:clbeaver@gmail.com)

## TUITION

Early Rate: \$696.00 (Members)  
\$766.00 (Non-Members)  
(on or before Jan 15 2018)  
Standard Rate: \$836.00

## REGISTRATION

[http://svaroopaa.org/  
foundations-180215](http://svaroopaa.org/foundations-180215)

