

# Foundations of Svaroopa® Yoga

with Kamala Gross and Bhakta Johnson

May 25-29, 2018

Precision with compassion, *Svaroopa*® 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 training in Richmond, VA. 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 *Svaroopa*® 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 *Svaroopa*® 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, *Svaroopa*® yoga therapy & Vichara sessions, and also teaches *Svaroopa*® Vidya meditation classes.

**Kamala (Michelle) Gross** CSYT, RYT 500



Kamala (Michelle) Gross began taking and studying *Svaroopa*® yoga in 1997 and opened Westborough Yoga Studio in 2002. As well as teaching weekly classes, Kamala is a full time *Svaroopa*® yoga and Embodiment® therapist, as well as a meditation teacher. She is excited to help spread the practices of *Svaroopa*® yoga beyond her local community. She is committed to helping others find what this style of yoga has to offer and create a community of teachers.



## LOCATION

Bon Air Yoga  
2730 Tinsley Drive, Suite 204  
Richmond, VA 23235

## HOST

Kristen (Tirtha) Hale  
804.519.7471  
[bliss@bonairyoga.com](mailto:bliss@bonairyoga.com)

## TUITION

Early Rate: \$645.00  
(on or before Apr 24, 2018)  
Standard Rate: \$695.00

## REGISTRATION

[http://svaroopa.org/  
foundations-va-1805](http://svaroopa.org/foundations-va-1805)

