

Half Day Program

with Rukmini Abbruzzi

July 21 2018

Saturday 1:00 - 5:00 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!

Rukmini (Maria) Abbruzzi



In addition to teaching yoga, Rukmini Abbruzzi serves as Teachings Assistant to Swami Nirmalananda. She brings her heart to everything she does, offering these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these yogic and meditative tools and to experience your own Divine Essence. Rukmini is a Certified *Svaroopaa*® Yoga teacherR, Advanced *Svaroopaa*® Yoga Therapist, Meditation Teacher and Meditation Group Leader, with 16 years of teaching experience.



LOCATION

Niantic Yoga
11 Liberty Way
Niantic CT 06357

HOST

Sandra M. Hayward
847.409.9143
<http://www.nianticyoga.com>

TUITION

Early Rate: \$91.00
(on or before July 14, 2018)
Standard Rate: \$101.00

REGISTRATION

<http://svaroopaa.org/half-day-program-180721>

