

# Half Day Program

with Yogeshwari Fountain

July 18 2018

Wednesday 8:30 am - 12:30 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!

**Yogeshwari (Lissa) Fountain** CSYT, RYT 500



Yogeshwari is a Leading *Svaroopa*® Yoga and Meditation teacher, plus she teaches in *Svaroopa*® Vidya Ashram programs. For 18 years she has been teaching yoga and meditation classes and offering Yoga Therapy throughout Metrowest Boston. In 2008 she was invited to become a national teacher for *Svaroopa*® Yoga and Meditation, and has been enjoying leading Weekend Workshops for yoga studios across the country ever since.



## LOCATION

Central Street Yoga & Meditation  
57 Woodstock Rd.  
(Intersection of Routes 4 and 12)  
Taftsville VT 05073

## HOST

Rama (Ruth) Brooke  
802.457.7420

<https://centralstreetyoga.net>

## TUITION

Early Rate: \$91.00  
(on or before Jul 11, 2018)  
Standard Rate: \$101.00

## REGISTRATION

<http://svaroopa.org/hdp-vt-180718>

