

Intro to Svaroopaa® Yoga

with **Vidyadevi Stillman**

February 16 2018

Friday 1:00 - 2:30 pm

Discover a user-friendly yoga that heals what ails you and keeps you young. How? By unraveling the deepest tensions in your body, no strain – no sweat! Bring your questions and concerns, whether you are brand new or an experienced yogi. Learn how to work with your body in a whole new way. After questions, discussion and demo, you get to experience how easy it is to feel better in just a few minutes. Leave understanding your body better and with new options for how to improve.

Vidyadevi Stillman CSYT, RYT 500, E-RYT 500



Svaroopaa® yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with *Svaroopaa*® 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

Rancho Bernardo Library
17110 Bernardo Center Dr.
San Diego, CA 92128

HOST

SheynaPurna Peace
858.735.5534
yogawithpeace@earthlink.net

FREE

Donations accepted. Register here:
<http://svaroopaa.org/intro-to-svaroopaa-yoga-1802>



Svaroopaa® Vidya Ashram