

# *Free Intro to Svaroopa® Yoga Therapy*

with Yogeshwari Fountain

**July 18 2018**

**Wednesday 5:00 pm - 6:30 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.

**Yogeshwari (Melissa) 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**

Center for Integrative Health  
45 Lyme Road  
Suite 200, 2nd floor  
Hanover NH 03755

## **HOST**

Aanandi (Annie) Ross  
802.333.9477

[www.center4integrativehealth.org/  
Yoga.en.html](http://www.center4integrativehealth.org/Yoga.en.html)

## **FREE**

Donations accepted. Register here:  
<http://svaroopa.org/isyt-180718>

