

Foundations of Svaroopa® Yoga

with Michelle (Kamala) Gross

June 2-7 2022

Thursday 1:00 - 6:00 pm

Friday to Monday 7:00 am - 6:00 pm

Tuesday 7:00 am - 4:00 pm

Whether you are a new yogi, an experienced Svaroopi or coming from another yoga style – Foundations of Svaroopa® Yoga will give you a deep experience and the information you need to practice yoga on your own at home or to share your yoga with others. Learn how to get the most benefit from your practice with refined techniques, as well as a clear understanding of how it works.

Learn the most important poses of Svaroopa® Yoga, the Primary Spinal Openers, which are used at all levels of practice from introductory through advanced classes. Take them home with you or use Foundations as the prerequisite course for our Teacher Training programs. Successful completion of Foundations qualifies you to be certified as an Introductory Teacher of Svaroopa® Yoga.

Michelle (Kamala) Gross CSYT, RYT 500



Michelle (Kamala) 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

Northern Light Yoga
595 Miner Street Road
Canton, NY 13617

HOST

Rebecca Rivers
315-386-8461
northernlightyoga@gmail.com

TUITION

Early Rate: \$745.00 USD
(on or before May 2 2022)
Standard Rate: \$845.00 USD

REGISTRATION

<https://svaroopa.org/foundations-canton-ny-2206>



Svaroopa® Vidya Ashram