

Foundations of Svaroopa®

with Michelle (Kamala) Gross

September 3 - 8 2025

Wednesday 2:00 - 6:30 pm

Thursday- Monday 7:00 am - 6:30pm

Learn the foundational poses that reveal yoga's promise, to know who and what you really are - Consciousness.

This course provides a deep experience and the information you need to practice yoga on your own at home or to share your yoga with others.

Whether you are a new yogi, an experienced Svaroopi or coming from another yoga style, learn how to get the most benefit from your practice. Refined techniques and a clear understanding of how this yoga works show you the way.

Michelle (Kamala) Gross CSYT, RYT 500



Kamala (Michelle) 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.

Yoga



Location:

Network Chiropractic of Albuquerque
2625 Pensylvania St NE, Suite 100
Albuquerque NM

Local host: Kerry Leigh Stiles

frontdesk@networkchiropracticofalbuquerque.com

505-453-5853

Registrations/course host:

Kamala Gross

kamalagross@icloud.com

508-341-6424

Tuition

Early Rate: \$925.00 (by 7/30)

Standard Rate: \$1,050.00

For More Info:

<https://svaroopa.org/foundations-250521>

