

Foundations of Svaroopa®

Yoga

with Michelle (Kamala) Gross

October 7-12 2026

Wednesday 2:00 - 6:00 pm

Thursday- Sunday 7:00 am - 6:00pm

Monday 7:00 am - 5:00pm

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.



Location:

Wallis Creek Vineyard
[37901 183 Ave SE,](https://www.google.com/maps/place/37901+183+Ave+SE,+Auburn,+WA)
Auburn WA

Registrations/Local host:

Julia (Chintamani) Wallis
omjuliaw@gmail.com
206-802-8582

Course Host: [Michelle \(Kamala\) Gross](mailto:kamalagross@icloud.com)
kamalagross@icloud.com

Tuition

Early Rate: \$975.00 (by 9/3)

Standard Rate: \$1,100.00

Optional Meals: \$250.00

Optional Accommodations: \$285-460,
semi-private to private rooms

For More Info:

<https://svaroopa.org/foundations-wa-261007>

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.

