

# Embodiment<sup>®</sup>

## Yoga Therapist Training

with Vidyadevi Stillman & Kusuma Sachs

February 16 - 21, 2019

Saturday: 7:00 pm - 9:30 pm

Sunday to Wednesday: 7:00 am - 9:00 pm

Thursday: 7:00 am - 6:30 pm

Become an *Embodiment*<sup>®</sup> Yoga Therapist and give the experience of profound spinal release to anyone, by placing your hands on key areas of their spine. Learn to do *Svaroopa*<sup>®</sup> yoga's hands-on-healing therapy, so you can offer sessions to students, family and friends.

Get more spinal opening than in any other training, giving and receiving sessions every day. Deepen your understanding of the anatomy of the spine and explore the sutras from the Pratyabhijnahridayam that explain how *Embodiment*<sup>®</sup> works.

### Cathy (Vidyadevi) Stillman CSYT, E-RYT 500



Studying and teaching directly with Swami Nirmalananda for 19 years, Vidyadevi has taught students on several continents and at multiple levels of experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She communicates with ease, skilled in merging depth, clarity, lightness and humor.

### Karobi (Kusuma) Sachs RN, CSYT, E-RYT 500



Teaching yoga since the 1970's, she left full-time nursing job to in 2004 to become a Teacher Trainer. Kusuma brings a compassionate and accepting presence to the classroom along with her depth of understanding and experience. She enjoys supporting people from a vast range of ages, abilities and body types.



*"Like so many Svaroopa<sup>®</sup> courses, Embodiment<sup>®</sup> is an experience that you shouldn't miss. It will change your life, effect the way you perceive the world, your body & your mind. It's an opportunity not to be missed."*

### LOCATION

55 Armytage Street  
Lota QLD 4179

### PREREQUISITES

Successful completion of Foundations of *Svaroopa*<sup>®</sup> Yoga and SATYA Member

### HI ≠€B

Total Early Rate: \$1,658.00 USD  
(deposit due by Dec 7, 2018)  
Standard Rate: \$1,888.00 USD

### REGISTER

[svaroopa.org/embody-aus](http://svaroopa.org/embody-aus)

