

Join us for Svaroopa® Yoga!

with Cathy (Vidyadevi) Stillman | July 5 & 6, 2019



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



Svaroopa® yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with Svaroopa® yoga originator Swami Nirmalananda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.

Full Day Program

Saturday July 6, 2019 | 9:00 - 5:00 pm

Stop the world, just for a day. Give yourself a yoga-day; think of it as an adult time-out. You'll feel better than you can currently imagine, which you naturally share with everyone around you. They appreciate when you find the inside yoga-bliss. Most importantly, you are the one delving into the bliss of consciousness within, which changes everything for you. Amazing how one day can bend your life in the direction you really want to go.

LOCATION Yoga Clarity
280 Pagosa St., Pagosa Springs CO 81147

HOST Andrea (Padmakshi) Wasserman
617.584.6666 | <http://blissfullyoga.com>

TUITION Early Rate: \$141.00 USD (on or before June 29, 2019)
Standard Rate: \$161.00 USD

REGISTER <https://svaroopa.org/fdp-co-190706>

Plus a FREE program!



Free Yoga Pain Clinic

Friday July 5, 2019 | 5:30 - 8:00 pm

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopa® yoga can reduce and eliminate pain - come and see how. Find out how yoga can help you with your aches and pains.

LOCATION Yoga Clarity
HOST Andrea (Padmakshi) Wasserman
617.584.6666 | <http://blissfullyoga.com>

REGISTER <https://svaroopa.org/ypc-co-190705>



Svaroopa® Vidya Ashram