

# Half Day Program

with Karobi Sachs

**October 26 2019**

Saturday 9:00 am - 1:00 pm

Three hours of yoga poses plus an hour of chanting and meditation. Body, mind, heart and deeper – the bliss of consciousness is guaranteed. Anyone can attend; it's all user-friendly while being deeply effective and profoundly nourishing. Meditation instruction is included, along with personal attention in your poses for maximum benefits. How much can you get in a short time? You'll be amazed!

**Karobi (Kusuma) Sachs** CSYT, RYT 500, E-RYT 500



Karobi began exploring yoga in the late 1970's. She became a *Svaroopa*® yoga teacher in 2000, joined the teacher training team in 2002 and left her nursing job to devote herself full time to Master Yoga in 2004. Through her on-going training with Swami Nirmalananda and her yearly travels to India, Karobi has acquired a depth of understanding and experience about yoga which she brings to her teaching. Karobi brings a compassionate and accepting presence to the classroom. She enjoys demonstrating how *Svaroopa*® yoga benefits and supports people from a vast range of ages, abilities and body types.



## LOCATION

First Congregational Parish Hall  
5 Brown Street  
Gray, ME 04039

## HOST

Peggy Schiereck  
207.272.5164

<http://www.blissyogamaine.com/>

## TUITION

Early Rate: \$91.00 USD  
(on or before Oct 19 2019)  
Standard Rate: \$101.00 USD

## REGISTRATION

<https://svaroopa.org/hdp-me-191026>

