

Join us for Svaroopa® Yoga!

with Karobi (Kusuma) Sachs | October 19, 2019



Half Day Program

Saturday October 19, 2019 | 1:30 - 5:30 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 The Solebury Club
4612 Hughesian Drive, Buckingham PA 18912

HOST Amber Quinn
215.801.0957 | <http://thesoleburyclub.com>

TUITION Early Rate: \$91.00 USD (on or before Oct 12, 2019)
Standard Rate: \$101.00 USD

REGISTER <https://svaroopa.org/hdp-buckingham-191019>

Plus a FREE program!



Intro to Svaroopa® Yoga

Saturday October 19, 2019 | 10:30 am - 12:00 pm

Discover a user-friendly yoga that heals what ails you and keeps you young. How? By unraveling the deepest tensions in your body, no strain – no sweat! Bring your questions and concerns, whether you are brand new or an experienced yogi.

LOCATION The Solebury Club
HOST Amber Quinn
215.801.0957 | <http://thesoleburyclub.com>
REGISTER <https://svaroopa.org/isy-buckingham-1910194>



Svaroopa® Vidya Ashram