

# Join us for Svaroopa® Yoga!

with Karobi (Kusuma) Sachs | July 24 & 25, 2019



## Half Day Program

Thursday July 25, 2019 | 5:00 - 9:00 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

Ferncrest Center for Yoga & Health  
90 Warwick Ave., Cranston RI 02905

### HOST

Wendy Hickey  
401.497.5134 | wendy.hickey52@gmail.com

### TUITION

Early Rate: \$91.00 USD (on or before July 18, 2019)  
Standard Rate: \$101.00 USD

### REGISTER

<https://svaroopa.org/hdp-cranston-190725>

Plus a FREE program!



## Intro to Svaroopa® Yoga Therapy

Wednesday July 24, 2019 | 7:00 - 8:30 pm

Unlock your innate healing potential through Svaroopa® Yoga Therapy. This free intro shows you what private sessions can do for you. Bring your aches and pains with you. We'll begin with an explanation of how yoga therapy approaches your needs. Then you'll observe a short demonstration of a real yoga therapy session, with a volunteer from those in attendance.

### LOCATION

Ferncrest Center for Yoga & Health

### HOST

Wendy Hickey  
401.497.5134 | wendy.hickey52@gmail.com

### REGISTER

<https://svaroopa.org/isy-t-cranston-190724>



Svaroopa® Vidya Ashram