

Join us for Svaroopa® Yoga!

with Cathy (Vidyadevi) Stillman | March 22 & 23, 2019



Half Day Program

Saturday March 23, 2019 | 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!

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.

LOCATION

Pure and Simple Yoga
75 E. Court St., Cortland NY 13045

HOST

Liane (Lalita) Bracciale
607.345.9642 | cortlandyoga@hotmail.com

TUITION

Early Rate: \$91.00 USD (on or before March 15, 2019)
Standard Rate: \$101.00 USD

REGISTER

<https://svaroopa.org/hdp-cortland-190323>

Plus a FREE program!



Free Yoga Pain Clinic

Friday March 22, 2019 | 6:00 - 8:30 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

Pure and Simple Yoga

HOST

Liane (Lalita) Bracciale
607.345.9642 | cortlandyoga@hotmail.com

REGISTER

<https://svaroopa.org/ypc-cortland-190322>



Svaroopa® Vidya Ashram