

Free Intro to Svaroopa® Yoga Therapy

with Kusuma (Karobi) Sachs

April 18, 2018

Wednesday 6:00 pm - 8:00 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. See what happens – both what is happening as well as the profound changes the client enjoys. You can tell if this will help, and you'll know how to follow up for yourself.

Kusuma (Karobi) 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

Westminster Congregational UCC
Room 207
411 S. Washington St.
Spokane, WA 99204

HOST

Francie Light
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FREE

Donations accepted. Register here:
<http://svaroopa.org/intro-to-yoga-therapy-wa-180418>

