

# Living with Heart

Bring the whole of your being into your relationships and your life by discovering the art of living in openness. Discover your own authenticity at the same time that you develop your sensitivity and attunement to others. Using poses and meditative techniques, Swami Nirmalananda will show you how to use your heart to bring together body and mind, love and practicality, creativity and logic, inner and outer experience, and relationships and self. The vichara (self-inquiry) and discussion periods in the afternoons help you anchor your new understandings in a practical life-friendly way.

## Yogimmersion Workshop

Get more from your yoga—dive into a yoga weekend. Whether you are a beginner or an experienced yogi, you will be surprised and pleased by how much you get in a weekend. You go deeper than you can go on your own and deeper than your teacher can take you in your regular class. Each morning begins with a long yoga class. The afternoon opens with a presentation on yoga philosophy, followed by another session of deep and effective poses. Chanting and meditation will likely be included in this weekend.

Explore the depth and breadth of yoga's ancient tradition in this Yogimmersion Weekend Workshop.



A teacher who is living yoga as well as teaching it, Swami Nirmalananda (Rama Berch) is a R.Y.T. (Registered Yoga Teacher). Her credentials include certification and training in four styles of yoga as a hatha yoga teacher, advanced hatha yoga teacher, pranayama teacher, and meditation teacher.

After Kundalini initiation by her Guru in 1976, she was moved during meditation into spontaneous yoga poses, enlivening not only her knowledge, but also her understanding of the body. Her style of teaching and guiding others to discover this for themselves is called *Svaroopā*® Yoga.

Swami Nirmalananda has an exceptional understanding of how the body and mind work, and how they work together. She communicates clearly and with great insight and compassion.

Swami Nirmalananda is the originator of *Svaroopā*® yoga and the founder and spiritual director of Master Yoga Foundation.

# Living with Heart

*Svaroopā*® yoga

Yogimmersion

Weekend Workshop



**Swami Nirmalananda**  
(Rama Berch)

**June 5-6, 2010**

**8:30am—5:30pm**

**Lowell, MA**

# Living with Heart

## A *Svaroopa*<sup>®</sup> yoga Yogimmersion Weekend Workshop

*Svaroopa*<sup>®</sup> yoga is a modern expression of yoga's ancient tradition of opening the body for the purpose of delving into the deeper dimension of our own existence.

*Svaroopa*<sup>®</sup> yoga unravels the deepest knots of muscular tension, resulting in "core opening" or spinal release. These openings, achieved through the use of precise alignment in body-friendly ways, give rise to a blissful experience.

*Svaroopa*<sup>®</sup> yoga is both a precise and compassionate practice created for the purpose of healing, transformation, and transcendent experience.

**For more information:**  
**[www.svaroopayoga.org](http://www.svaroopayoga.org)**  
**1-858-454-2436**

SVAROOPA<sup>®</sup> is a registered service mark of S.T.C., Inc.

Date: June 5 – 6, 2010

Time: Saturday & Sunday  
8:30 – 5:30pm

Where: UMass Lowell Inn and  
Conference Center  
50 Warren St.  
Lowell, MA 01852

Who: Everyone\*\*  
No experience necessary

What: A blend of *Svaroopa*<sup>®</sup> yoga  
classes and yoga philosophy.

Wear: Dress comfortably in layers  
for adapting to changes in "weather".

Bring: A closed water bottle, beach  
towel to lie on, recommended bag  
lunch.

\*\* If you are new to *Svaroopa*<sup>®</sup> yoga  
or have any **questions**, contact:

Becky Bronson, 978-729-4731,  
[becky.bronson@chelmsfordyoga.com](mailto:becky.bronson@chelmsfordyoga.com)  
Marjorie Crockett  
[yogawithmarjorie@gmail.com](mailto:yogawithmarjorie@gmail.com)

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_ \$295 **Special** 2009 Early  
Bird Price through 1/31/10!!  
(Paid in full by Jan. 31, 2010)

\_\_\_ \$310 Early Registration  
(Paid in full by April 24, 2010)

\_\_\_ \$360 Registration Fee  
(Paid after April 24, 2010)

Please make check payable to:  
"Tranquility Yoga"

Mail Payment **And** This Form to:  
Tranquility Yoga  
290 Littleton Rd, Unit 1  
Chelmsford, MA 01824

**Or** pay by Paypal at  
[www.chelmsfordyoga.com](http://www.chelmsfordyoga.com)