

Foundations of

This training is for committed yogis, to learn how to get the most out of your own practice & take your first step into teacher training.

Learn the fundamental elements of *Svaroopa*[®] yoga, named by Yoga Journal as one of the primary yoga styles in the United States. These five days offer a profound experience which will deepen your own practice as well as prepare you to share yoga with others.

You will be trained to teach 14 of the foundational poses of *Svaroopa*[®] yoga, so that you can teach introductory classes, and assist with or substitute for a *Svaroopa*[®] trained teacher.

The program includes:

- √ WORKING WITH PARTNERS TO LEARN THE POSES AND THEIR ADJUSTMENTS
- √ DETAILED HANDOUTS ON EACH OF THE PRIMARY YOGA POSES
- √ INTRODUCTION TO YOGA'S TEACHINGS FROM THE ANCIENT TEXTS
- √ PRIMARY MATERIALS FROM YOGA TEACHER TRAINING
- √ YOGA CLASSES & DEEP GUIDED RELAXATIONS
- √ INTRODUCTION TO ANATOMY AND PHYSIOLOGY
- √ CHANTING & MEDITATION



This training is designed for those who might be interested in becoming teachers. It is also for committed yogis, to learn how to get the most out of your own practice.

This course is a prerequisite for the Master Yoga Teacher Training Program, if you begin the Teacher Training within six months. For more information on the full training program, visit:

www.svaroopayoga.org

Class schedule

Thursday: 1:00 pm - 9:00 pm
Fri, Sat., Sun.: 7:00 am - 9:00 pm
Monday: 7:00 am - 5:30 pm

ALL CLASS TIMES ARE AN ESSENTIAL PART OF THE TRAINING. NO ABSENCES OR MAKE-UPS ARE ALLOWED IF YOU WANT TO RECEIVE FULL CREDIT FOR THE TRAINING.

Registration - Materials fee

Early Registration (PAID BY MAY 21 ST)	\$550.00
Registration	\$595.00
Materials Fee	\$ 40.00

CANCELLATION POLICY:

PRIOR TO MAY 21, 2012 FULL REFUND

MAY 21-JUNE 7TH 2012 FULL REFUND LESS LESS \$100 FEE

NO REFUNDS AFTER JUNE 7, 2012

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REGISTRATION FORM FOR FOUNDATIONS

JUNE 21 - 25, 2012 – WESTFORD, MA

PLEASE PRINT CLEARLY AND MAIL FORM TO:

TISH ROY, ANANDA YOGA STUDIO, 176 OLD TURNPIKE ROAD, WOODSTOCK VALLEY, CT 06282

NAME

ADDRESS

CITY

STATE & ZIP CODE

E-MAIL

PHONE NO

EARLY REGISTRATION DUE BY MAY 21

CIRCLE ONE:

EARLY REGISTRATION	\$550.00
REGULAR REGISTRATION	\$595.00
MATERIALS FEE	<u>\$ 40.00</u>

TOTAL:

My check is enclosed (payable to Tish Roy - US funds only)

Visa/Mastercard number:

Exp. date:

Security code:



Tish Roy,
 CSYT,RYT 500
 Tish began diving
 into Svaroopaa®

yoga in 2000 with a weekly Svaroopaa® class. Over time, her practice has blossomed into a deep love for the teachings and , most importantly, the deep knowing of her true nature – bliss. Tish teaches beginners, continuing, deeper and prenatal yoga, as well as meditation classes and a philosophy discussion group. She is a certified Embodiment® therapist, Vichara Facilitator, Leading Teacher, and Teacher Trainer for Foundations. In addition, she serves as Board Chair for Master Yoga Foundation. *“I look forward to offering you a whole new way to live in your body and mind by deepening your inner experience and applying that learning to life.”*



Kris Montigny
 CSYT, E-RYT500

Kris studied yoga on and off for 20 years before discovering Svaroopaa® yoga. This was the first, and only, style in which she experienced the promise of yoga: a deep, instant and reliable experience of the Self. Kris now serves the Svaroopaa® community as a Teacher Trainer and DTS Program Mentor with Master Yoga Foundation, as well as providing workshops and yoga therapy sessions when she is home in Connecticut. Kris teaches with a unique combination of clarity and precision to detail, while instilling fun and humor in every class and workshop.

less stress,
Tranquility Yoga
 more peace

235 Littleton Rd
Westford, MA 01886
(978) 729-4731

www.westfordyoga.com



Svaroopaa® Yoga was originated by Swami Nirmalananda (formerly Rama Berch), as a way of sharing the profound changes she experienced after initiation by her Guru. It is dramatically different from other styles of yoga in that it emphasizes the development of your inner experience of clarity, bliss and being, through working with your body in specific ways. The yoga poses work with both precision and compassion. The reliable results include profound and immediate improvement in three primary areas:

1. Healing on all levels: physical, mental, emotional, spiritual
2. Personal growth and transformation
3. The blossoming of transcendent inner experiences

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Foundations
 of
 svaroopaa® Yoga

WHEN:

Thursday – Monday
 June 21 - 25, 2012

WHERE:

Tranquility Yoga
 235 Littleton Rd.
 Westford, MA

FOR INFORMATION:
 Becky Bronson

becky.bronson@westfordyoga.com

Phone: (978) 729-4731