



Svaroopo® Yoga is dramatically different from other styles of yoga. 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

Svaroopo® yoga was originated by Swami Nirmalananda (Rama Berch), as a way of sharing the profound changes she experienced after initiation by her Guru. Recognized as one of the primary styles of yoga in the USA by *Yoga Journal* in 1996.

MASTER YOGA FOUNDATION

is a not-for-profit, tax-exempt charitable organization founded for these purposes:

- Cultivating our innate yearning for transcendence,*
- Creating personal experiences of the Inner Truth,*
- Discovering this as a continuing experience in our lives,*
- Applying this in the development of conscious community*
- Offering our service to support and uplift humanity*

Foundations of Svaroopo® Yoga



DATE: SATURDAY, JULY 25-
WEDNESDAY, JULY 29

LOCATION: ATLANTA, GA
To be decided

TO REGISTER OR FOR INFORMATION:

email: ellen sichel
ellen@ellensichelyoga.com
770-313-6162

www.ellensichelyoga.com

Foundations of



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 15-20 of the foundational poses of *Svaroopa*® yoga, so that you can teach introductory classes, and assist with or substitute for a *Svaroopa*® yoga 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

SVAROOPA® is a registered service mark of S.T.C., Inc. and is used by permission.

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 fulfills the 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, contact Master Yoga Teacher Institute at www.masteryoga.org or 619-718-9642 extension 5.

Class schedule

Saturday 1:00 pm - 9:00 pm
Sunday-Tuesday 7:00 am - 9:00 pm
Wednesday 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 TRAINING CREDIT.

Registration:

TUITION

EARLY REGISTRATION: \$530.00 BY JUNE 10TH
REGULAR REGISTRATION: \$575.00

CANCELLATIONS ARE PROCESSED WITHIN A 2 WEEK PERIOD, LESS A \$25 PROCESSING FEE. NO REFUNDS OR CANCELLATIONS WITHIN 3 DAYS PRIOR TO THE EVENT.

REGISTRATION FORM FOR FOUNDATIONS JULY 25-29, 2009

PLEASE PRINT CLEARLY AND MAIL FORM TO:

ELLEN SICHEL YOGA, LTD.
7365 PRINCETON WAY
ATLANTA, GA 30328

NAME

ADDRESS

CITY

STATE & ZIP CODE

E-MAIL

PHONE NO

TUITION:

EARLY REGISTRATION: \$530.00

REGULAR REGISTRATION: \$575.00

My check is enclosed. Make check payable to: **ELLEN SICHEL YOGA, LTD.**

register on line with credit card.