

Svaroopa[®] Yoga
FOUNDATIONS

*Are you ready to go deeper
than ever before?*

**Rehoboth Beach, Delaware
April 12 – April 16, 2012**

Presented by
REHOBOTH BEACH YOGA
302-226-7646
rehoyoga@verizon.net
rehobothbeachyoga.com

Join the worldwide community of people who have learned *Svaroopa*[®] yoga's revolutionary methods for healing and personal transformation. Deepen your practice of *Svaroopa*[®] yoga by cultivating your skill in the most important poses – the Primary Spinal Openers. Expand your knowledge of anatomy and explore the ancient teachings on yoga philosophy – all in five days. Plus you will be able to share your yoga practice with friends and loved ones, or begin learning how to be a yoga teacher! Foundations is where you learn the essentials you need to move forward, beginning with your first student – *YOU!*

REGISTRATION:

Course tuition early registration by March 12, 2012: \$545
Course tuition after March 12, 2012: \$595
Materials fee: \$35
MasterCard and Visa accepted. Checks payable to: Tish Roy

CANCELLATION POLICY:

Prior to March 12, 2012 – full refund
March 12 to April 5, 2012 – full refund, less \$100 fee
No refund after April 5, 2012

Please write clearly below. Detach and return with your payment to:

**Tish Roy
Ananda Yoga Studio
176 Old Turnpike Road
Woodstock Valley, CT 06282**

Name: _____
Street Address: _____
City, State, Zip Code: _____
Phone: _____ E-mail: _____
Visa/MasterCard # _____
Expiration date _____ Security code _____
 Yes, I can bring 4-6 *Svaroopa*[®] yoga blankets, 2 blocks,
and a head cushion.

Dive deeper into your practice and understanding of yoga. Learn how to share it with others. No prior experience necessary.

THE PROGRAM

- Working with partners; learning the primary poses and adjustments
- Detailed handouts on each of the primary poses
- Introduction to Anatomy and Physiology
- Introduction to yoga's teachings from the ancient texts
- Yoga classes and deep guided relaxations
- Chanting and Meditation

THE SCHEDULE

(Includes scheduled lunch and dinner breaks as well as other smaller breaks during the day.)

Thursday, April 12th • 1 PM to 9 PM

Friday-Sunday, April 13th-15th • 7 AM to 9 PM

Monday, April 16th • 7 AM to 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.)

LOCATION

Brighton Suites Hotel
34 Wilmington Avenue
Rehoboth Beach, DE 19971
(Discounted rooms available)



Ardha Mandukasana
Half Frog



Prasarita Padottanasana
Slow Motion Dive

THE TEACHERS

Our caring, professional Teacher Trainers support you all the way!



Tish Roy, CSYT, RYT

Tish began diving into *Svaroopaa*® yoga in 2000 with weekly *Svaroopaa*® yoga classes. Over time, her practice has blossomed into a deep love for the teachings, and most importantly, the deep knowledge of her true nature—bliss. Tish teaches Beginners, Continuing, Deeper, Prenatal and Meditation classes, and a philosophy discussion group. Tish 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, RYT-500

Kris studied yoga on and off for 20 years before discovering *Svaroopaa*® yoga. Coming from a background in dance, acrobatics and gymnastics, she found great release and relief with the practice. Now, she shares the gift of *Svaroopaa*® yoga in her weekly classes and private yoga therapy sessions in Connecticut and Rhode Island, and as a Teacher Training and DTS Mentor with Master Yoga.

SVAROOPA® YOGA FOUNDATIONS IS FOR EVERYONE

This course is called Foundations because it bases you in three interweaving elements simultaneously: the foundational poses (asana) of *Svaroopaa*® yoga; the related anatomy; and yoga's foundational principles of consciousness.

For students, teachers, and new yogis - get powerful changes in your body in only five days with *Svaroopaa*® yoga's most reliable

tools. Develop techniques and understanding that deepen and inspire your yoga practice.

For those interested in teaching *Svaroopaa*® yoga, Foundations is also designed for you. When you go home after these five days, you will be able to share what you have learned with others. You'll learn how to plan your classes and how to help students with alignments and props so they get maximum

results with minimum effort. You qualify as a Certified *Svaroopaa*® Yoga Introductory Teacher (CSIT) following successful completion of Foundations and joining SATYA (*Svaroopaa*® Association of Teachers and Yogis).

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