

Svaroopaa® Sampler

A Svaroopaa® Yoga Weekend Intensive with Casey Gerdes, CSYT, E-RYT 500

Custom-design your own yoga weekend

Come for one, two, three, or all four workshops!

Saturday 9:00 A.M. - 12:30 P.M. **Spinal Release**

This is the most important theme in Svaroopaa® yoga. Learn how important releasing the tension along your spine is for your whole body. Experience what spinal release does for your whole being.



Saturday 2:30 P.M. - 6:00 P.M. **Neck and Shoulders**

This workshop will include spinal release with a specific focus on the neck and shoulder area. Relieve tension and enhance flexibility through the upper portion of your spine.



Sunday 9:00 A.M. - 12:30 P.M. **Take it Home with you**

Bringing the practices home with you is key to increasing physical, mental and spiritual health. This workshop is ideal for both new and experienced yogis ~ you'll develop a home practice and learn deeper variations of some of the poses.



Sunday 2:30 P.M. - 6:00 P.M. **Standing and Abs**

While this workshop stands alone for students who would like to drop in, it will also tie in elements from the other workshops so you can really learn how to use your abdominals and find balance and steadiness standing on your own two feet.

Each workshop will build on the previous workshop(s), but will also be designed for students to drop in. This weekend of workshops is appropriate for continuing Svaroopaa® practitioners as well as new students.

Paid before September 23

1 workshop	\$ 65
2 workshops	\$120
3 workshops	\$165
4 workshops	\$200

Paid after September 23

1 workshop	\$ 75
2 workshops	\$135
3 workshops	\$185
4 workshops	\$225

Refund policy: full refund less 15% processing fee until 1 week before course. No refund if canceled during week immediately preceding event



Casey brings energy, compassion, and humor to the classroom. Her warm, detail-oriented approach encourages students to explore their own experience of Svaroopaa® yoga and to understand the changes they feel. She has been studying and teaching Svaroopaa® yoga poses, anatomy and philosophy since 1996, becoming a Senior Svaroopaa® Yoga Teacher and a Svaroopaa® Teacher Trainer. She is also a meditation teacher, an Embodiment® therapist and one of only a handful of advanced Svaroopaa® yoga therapists.

Casey will be available for a limited number of private therapy sessions while she is in Sacramento. Sessions can be used to develop a personalized home practice, for therapy to address a specific condition, or for vichara - self-inquiry, to address stuck issues. To schedule a session, or for more info, contact Casey directly at Casey@YogaWithCasey.com.

Saturday and Sunday
October 16-17, 2010

Location:

Sacramento Yoga Center
2791 24th Street, Room 6
Sacramento, CA 95818

For Information and
Registration:

Kriyananda Devi
916.392.9092
kriyadevi@
SacramentoYogaCenter.com

Make checks payable to:
Sacramento Yoga Center

Mail checks to:

Kriyananda Devi
6640 Riverside Blvd.
Sacramento, CA 95831

Include your phone & email
contact information and for
which programs you are
registering.

