

Svaroopaa® Bliss Sampler

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

Custom-design your own yoga weekend!

This series of workshops is designed to help you **slow down and cool off**. Yoga says Bliss is your ultimate state. Delve into this deeper state of consciousness and learn how simply, yet deeply, releasing the tension along the spine can help return you to this state of bliss and help you learn how to stay there, all the time.

Custom-create your own weekend practice by choosing one, two, three, four, or all five workshops. The more workshops you take, the greater the discount!

These workshops are appropriate for both beginning and experienced yogis. Jump-start, or deepen your Svaroopaa® yoga practice with these slow-paced, relaxing and rejuvenating workshops.

Session 1: Blissful Rejuvenation Friday 6:00 P.M. - 9:00 P.M.

Begin the weekend with an evening of deep spinal release and blissful, rejuvenating poses to bring yourself back to a state of balance. The class will be followed by an optional 20 minute meditation.

Session 2: Morning Bliss Saturday 9:30 A.M. - 12:30 P.M.

A slow-paced class, designed for deep spinal release and to turn your awareness inward to the deeper dimension of your own being.

Session 3: Bliss of the Heart Saturday 2:30 P.M. - 5:30 P.M.

The part of the spine through the heart area holds a lot of physical and emotional tension. Releasing tension in this area can change the way you see yourself and others in your life.

Session 4: Bliss and Twists Sunday 9:30 A.M. - 12:30 P.M.

This class will focus on deep spinal release and twists, designed to create ever-deepening levels of bliss. Spinal twists are among the most blissful of poses.

Session 5: Bliss of Movement Sunday 2:30 P.M. - 5:30 P.M.

Coordinating breath and movement together is extraordinarily blissful. Explore your ability to remain in bliss even while moving, and learn to carry this state into the rest of your life.

August 7-9, 2009

Sacramento Yoga Center

www.SacramentoYogaCenter.com
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Sacramento, CA 95818

For information/registration:

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SacramentoYogaCenter.com

Mail checks to:

Kriyananda Devi
6640 Riverside Blvd.
Sacramento, CA 95831
Include your phone and email contact information and for which workshop(s) you wish to register.

Cost: before 7/17 (after 7/17)
single workshop: \$60 (\$70)
2 workshops: 5% discount
3 workshops: 10% discount
4 workshops: 15% discount
5 workshops: 20% discount



Svaroopaa® yoga is a distinctly different, compassionate style of yoga focusing on release of deep spinal tension, resulting in physical, mental, and spiritual health, growth and transformation. Casey has been studying and teaching the anatomy, philosophy and underlying principles of Svaroopaa® yoga since 1996, as a Senior Svaroopaa® Yoga Teacher and as a Teacher Trainer for eight years. She is an Embodiment® and Advanced Svaroopaa® Yoga Therapist, and a meditation teacher. For more information about Casey or Svaroopaa® yoga, visit www.YogawithCasey.com.

Casey will be available for a limited number of private sessions. To schedule a private therapy session or for more information, contact her directly at Casey@YogawithCasey.com.