

Foundations of Svaroopaa® Yoga

with **Kamala Gross**

March 8 - March 13 2018

Thursday: 2:00 - 6:30 pm

Friday to Tuesday: 7:00 am - 6:30 pm

Precision with compassion, *Svaroopaa*® yoga provides amazing pain relief as well as profound experiences of Consciousness. This practice will change your understanding of yoga forever. Foundations is a 6-day training in Falmouth, MA. You get incredible changes in your body while learning how to provide them to others.

Learn hands-on adjustments, props, alignments and teaching methodology for 16 poses, enough to teach intro classes in *Svaroopaa*® yoga. Also included are meditation, yoga philosophy, anatomy, partner pairing, stories from the ancient sages and an intro to the chanting of Sanskrit texts.

Kamala (Michelle) Gross CSYT, RYT 500



Kamala (Michelle) Gross began taking and studying *Svaroopaa*® yoga in 1997 and opened Westborough Yoga Studio in 2002. As well as teaching weekly classes, Kamala is a full time *Svaroopaa*® yoga and Embodiment® therapist, as well as a meditation teacher. She is excited to help spread the practices of *Svaroopaa*® yoga beyond her local community. She is committed to helping others find what this style of yoga has to offer and create a community of teachers.



LOCATION

The Yoga Way
350 Gifford Street
Falmouth, MA 02540

HOSTS

Kamala (Michelle) Gross
and Margot Garritt
kamalagross@icloud.com

TUITION

Early Rate: \$695.00
(on or before Feb 3 2018)
Standard Rate: \$745.00

REGISTRATION

<http://svaroopaa.org/foundations-ma-1803>

