



# A special **Svaroopa® Yoga Weekend of Workshops**

**Led by Vidyadevi Stillman**  
**Premier Svaroopa® Yoga Teacher Trainer**  
**Friday, March 29 - Saturday, March 30**

## **Friday, March 29, 2013**

**Deeper Deeper Workshop** 1:00 – 4:00 pm  
(hosted by Becky Bronson at Tranquility Yoga Studio)

Discover how the deeper openings through your spine give you access to the deepening levels of your own being. Explore the inner spaces of your own essence as Vidyadevi leads you through poses specifically designed to deeply open your body, your mind, your heart and more.

Fee: \$72 early registration \$77 for late registration

*Tranquility Yoga 235 Littleton Road, Unit 1  
Westford, MA 01886 978-729-4731  
[becky.bronson@westfordyoga.com](mailto:becky.bronson@westfordyoga.com)*

**Pain Clinic** 7:15 – 8:30 pm - Free  
(hosted by Annette Bongiorno Yoga for Yourself)

Are you in pain? Come experience for yourself how *Svaroopa®* yoga can help you learn techniques to ease your aches and pains.

*Roots and Wings 317 Norh Natick, MA  
508-479-4894*



**Presenter:** Vidyadevi Stillman, CSYT, RYT 500, E-RYT 500 - *Svaroopa®* yoga's premier teacher trainer, Vidyadevi has been studying and teaching directly with *Svaroopa®* yoga originator Swami Nirmalananda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.

**Half day Workshop Fees:** \$72 ahead. \$77 at the time of the workshop.

**For more information** contact Becky Bronson, Addie Alex or Deborah Shapiro

**Registration:** Name: \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Make check payable to Deborah Shapiro and send to 538 Commonwealth Ave Newton Center, MA 02459

Phone: 617-529-7655 Email: [loondeb@comcast.net](mailto:loondeb@comcast.net)

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## **Saturday, March 30, 2013**

**Melting Pain Workshop** 9:00 am – 12:00 pm  
(Hosted by Addie Alex at the Holliston Town Hall)

Pain is due to the layers of muscular tension along your spine that affects your whole body, plus your mind and emotions. Wouldn't you like to become free from that? Vidyadevi leads you through an exploration of deeper angles to give you access to the source of your pains so you can learn to soften into that. You will open at a whole new level. Fee: \$72 for early registration, \$77 for late registration

**12 pm – 1:30 pm – Lunch (\$5.00 contribution)**

## **Introduction to Teacher Training**

1:30 – 3:00 pm - Free  
(Hosted by Addie at the Holliston Town Hall)

As a teacher, you give others the gift of yoga. It's an amazing profession-doing what you love by sharing what you have learned. Your professional training focuses on your own deepening while you learn how to work with other people's bodies, minds and hearts. Find out what it's all about in this free program with Vidyadevi.

Light of the Heart Yoga at Holliston Town Hall - 703 Washington Street, Holliston MA 01746) 508-380-6903