

Master Yoga Foundation presents

The Shavasana Course

Perfect your Shavasana by following Vidyadevi's guidance in six one-hour-long Shavasanas in one weekend! Each new experience takes you deeper within yourself, for illuminative insights and profound physical changes. Share your descriptions and hear what is happening for everyone else in the discussions. Learn from Vidyadevi's explanations of the meaning and significance of what is blossoming within. This weekend workshop is a few hours longer than most weekends, in order to do all the different Shavasanas that are included. Discover the power of doing nothing - and how you can get more by doing less.



Friday December 7

6:30 pm – 9 pm

Saturday December 8

8:30 am – noon

2:00 – 5:00 pm

7:00 – 9:00 pm

Sunday December 9

9:00 am – noon

at

Niantic Yoga Center

11 Liberty Way

Niantic, CT 06357

Early Registration paid by

Friday November 16: \$250

Standard Registration paid after

November 16: \$285

Please make checks payable to

Master Yoga Foundation

and send to Niantic Yoga Center.

For more information,

call 860-514-4093

or email

Donna@nianticyoga.com



Vidyadevi Stillman, CSYT, E-RYT 500

Svaroop® yoga's premier teacher trainer, Vidyadevi has been studying and teaching directly with Svaroop® 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. Her previous work as a research scientist enlivens her understanding of the science of yoga. 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.

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