

Bliss Weekend

A *Svaroopa*® yoga weekend Intensive with Casey Gerdes, CSYT, E-RYT 500

Give yourself the gift of
BLISS for the New Year!

March 27 & 28, 2010

Saturday 9AM to 6PM; Sunday 9AM to 5:30PM
Wild Mountain Yoga Center
574 Searles Avenue, Nevada City, CA 95959

Yoga says “Bliss is your ultimate state.” Yet, many of us don’t feel blissful much of the time.

*D*elve into this deeper state of consciousness and learn how simply, yet deeply, releasing the tension along your spine can help return you to this state of bliss, and help you learn how to stay there all the time.

Svaroopa® yoga is a compassionate style of yoga focusing on release of deep spinal tensions, resulting in physical, mental, and spiritual health, growth and transformation.

*J*oin Casey Gerdes, Senior *Svaroopa*® Yoga Teacher, for a weekend of Bliss. Each day will include two deliciously long yoga classes. After-lunch discussions will help you to integrate the blissful spinal release, build a deeper understanding of the power of this yoga practice and experience the deeper dimensions of your Being.

Enrollment

Early enrollment, paid by February 26: \$225
Regular enrollment, after February 26: \$255

For information or registration, contact:

Judy Fuller 530.274.2635 judful@suddenlink.net

Early Bird Discount
Enroll by January 26 for an
additional 10% discount!

This workshop is appropriate for both new and experienced yoga students. If you have a medical condition or concerns, please check with Judy or Casey to discuss.



Casey’s warm, detail-oriented approach encourages each student to explore his or her own experience. She has been studying and teaching the anatomy, philosophy and underlying principles of *Svaroopa*® yoga since 1996, was a Teacher Trainer for eight years and is a Senior *Svaroopa*® Yoga Teacher. Her credentials include certification as an Advanced *Svaroopa*® Yoga Therapist, Embodiment® Therapist, Yoga Pain Clinic Leader, Meditation Teacher, *Svaroopa*® Yoga Vinyasa Teacher, Advanced Bliss Teacher, Pregnancy Yoga Teacher, Yoga for Back Teacher, Gentle Yoga Teacher, & Deeper Yoga Teacher. For more information about Casey or *Svaroopa*® yoga, visit www.YogawithCasey.com.

Casey will be available for a limited number of private sessions, which can be used to develop or refine your personal practice, focus on a specific physical issue, and/or create deeper release. To schedule a private session or for more information, contact her at Casey@YogawithCasey.com.

Refund policy: No refunds during week immediately prior to course. Minimum enrollment required to run this program. *Svaroopa*® is a registered service mark of S.T.C., Inc., used with permission. Copyright© 2002 S.T.C., Inc. All Rights Reserved.