

from Resolution to Action

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

Explore yoga's techniques to help make decisions and create action in your life.

Feel like you're stuck? Having a hard time making a decision or moving forward?

Join Casey Gerdes, leading *Svaroopa*® yoga teacher, for this weekend workshop, designed to give you skills and techniques to help you remove the obstacles in your path and allow you to see more clearly so you can create the action and direction you wish to see in your life.

Learn specific yoga practices to **consciously eliminate confusion, hesitancy and procrastination**. Explore yogic techniques to help you **clarify your objectives, stand firm in your decisions, and move forward in your life**.

Each day includes two longer *Svaroopa*® yoga classes. After-lunch discussions will weave the concepts together so you complete the weekend with a better understanding of yoga's principles.

February 18-19, 2012

Saturday 9AM – 6PM | Sunday 9AM – 5:30PM

For Information and Registration:

Serene White
865-789-9731
Info@SereneYogaandHealing.com

Enrollment:

Paid by Jan 20: \$255
Paid after Jan 20: \$285

Location:

Serene Yoga and Healing
665 Emory Valley Rd. Suite A
Oak Ridge, TN 37830

Casey brings energy, compassion, and humor to the classroom. Her warm, detail-oriented approach encourages students to explore their own experience of *Svaroopa*® yoga and to understand the changes they feel. She has been studying and teaching *Svaroopa*® yoga poses, anatomy and philosophy since 1996, becoming a Senior *Svaroopa*® Yoga Teacher, a *Svaroopa*® Teacher Trainer, an *Embodiment*®



Therapist and one of only a handful of Advanced *Svaroopa*® Yoga Therapists.

Casey will be available for a limited number of private therapy sessions while in Oak Ridge. Sessions can be used to develop a personalized home practice or for therapy to address a specific condition or to deepen the releases you are already getting from regular classes. To schedule a session, or for more info, contact Casey directly at Casey@YogaWithCasey.com.

Refund policy: Full refund less 15% processing fee until three weeks before course; 25% processing fee one to three weeks preceding course; no refund if cancelled during week immediately preceding event. *SVAROOPA* is a registered service mark and *EMBODYMENT* is a service mark of S.T.C., Inc., used under license.