

San Diego Svaroopa® Connection presents

Gateway to the Heart

a weekend workshop with

VIDYADEVI
FORMERLY KNOWN AS
BOMBAY

FEBRUARY 27- 28, 2010
8:30 a.m. - 5:30 p.m.

Registration:
\$275

Early Registration:
(UNTIL JAN. 15, 2010)
\$225

OPEN UP YOUR HEART

Location:

Affirmations Yoga
12222 Poway Rd.
(upstairs)
Poway, CA 92064

The opening of your heart in this weekend workshop comes from both outer and inner physical release and a subtle inner softening. Using the practices of asana, guided contemplations, chanting and meditation, you will experience physical and emotional openings while absorbing the teachings of the ancients for a deep and enriching experience. *Svaroopa®* yoga provides a pathway to deeper experiences that take you to your heart, through your heart and beyond. The afternoon presentations and discussions on the key principles of yoga philosophy will lead you to a deeper understanding of what your heart really is. This weekend will make a significant change in your body while offering you a new way to understand both your relationships and yourself.



Vidyadevi, CSYT
E-RYT 500

STUDY WITH A
MASTER TEACHER

For More Information

Please contact:
Sandy Peace
Phone: 858.735.5534
E-mail: yogawithpeace@earthlink.net

Contact Sandy for Paypal information

Make checks payable to:

Inner Peace Yoga
Mail registration form & check to:
Inner Peace Yoga
ATT: Sandy Peace
12657 Parish Rd.
San Diego, CA 92128

Registration

Name _____

Address _____

Phone: _____

Email: _____

ABOUT VIDYADEVI.....

Vidyadevi (Bombay) Stillman has been studying and practicing *Svaroopa*[®] yoga since 1992. She has been training teachers in beginning through advanced levels of *Svaroopa*[®] yoga for over 14 years. Formerly a research scientist, she now applies those skills to the science of yoga. Vidyadevi brings warmth and compassion to all her teachings with her sense of humor and easy going manner. She communicates clearly, guiding students to a deeper understanding of their body and mind.

Vidyadevi serves as a Senior Teacher and Director of Programs for Master Yoga Academy. Her credentials include certification as an Advanced *Svaroopa*[®] Yoga Therapist, Yoga Pain Clinic Leader & Medical Yoga Therapist, Meditation Teacher, *Svaroopa*[®] Yoga Vinyasa Teacher, Beginners' Bliss Teacher, Bliss Yoga Weekend Teacher & Advanced Bliss Teacher, Half-Day Workshops Teacher, Pregnancy Yoga Teacher, Deeper

Yoga Teacher- Level One, Yoga for Your Back Teacher & Gentle Yoga Teacher, Deeper Yoga Teacher- Level 2 & Weekend Workshop Teacher and Living Yoga- Business Certification.

In addition, she has been personally taught by Swami Nirmalananda Saraswati (Rama Berch), creator of *Svaroopa*[®] yoga, to be a Teacher Trainer for beginning through advanced levels of yoga teacher and yoga therapist trainings. Her continued travels to India have deepened her understanding of this ancient science.

Vidyadevi (Bombay) Stillman

