

Cultivating Greater Vitality and Inner Peace

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

March 31 - April 1, 2012 Saturday 9:30AM to 6PM; Sunday 9:30AM to 5:30PM

A weekend of yoga for improving your health, increasing your energy level and vitality, and finding inner peace and calm.

Do you know people who are so healthy, so vitally alive that they almost seem to glow? Do you know someone who has found inner peace? Have you noticed the light in their eyes? Join Casey Gerdes, Leading *Svaroopa*® Yoga Teacher for a weekend of yoga designed to help you discover your Essential Nature. Experience yoga poses designed to improve your health and vitality, as well as poses and meditation to help quiet your mind so you can find greater inner peace. Your eyes will become brighter and your True Nature will shine!

Svaroopa® yoga is a compassionate style of yoga that unravels the deepest knots of muscular tension, resulting in “core release.” After-lunch discussions will help you to integrate the releases you experience in the yoga classes with the yogic principles of the weekend. You will leave the weekend feeling refreshed and rejuvenated, with tools you can use to improve your health and vitality, and help you find greater inner peace.

This workshop is appropriate for both new and experienced yoga students. No prior meditation experience is required. This yoga weekend will take place in an intimate setting where you will receive personalized assistance and adjustments. Space is limited, sign up early!

For information or registration:

Rashmika Paton 907-562-6098
Rashmika@Alaska.net

Early enrollment paid by February 18

Saturday & Sunday \$255

Regular enrollment paid after February 18

Saturday & Sunday \$285



Svaroopa® yoga is a distinctly different, compassionate style of yoga focusing on release of deep spinal tension, resulting in physical, mental, and spiritual health, growth and transformation. Casey has been studying and teaching the anatomy, philosophy and underlying principles of *Svaroopa*® yoga since 1996. She was a *Svaroopa*® Yoga Teacher Trainer for eight years. She is an *Embodiment*® and Advanced *Svaroopa*® Yoga Therapist, and a meditation teacher. For more information about Casey or *Svaroopa*® yoga, visit www.YogawithCasey.com.

Casey will be available for a limited number of private sessions. To schedule a private therapy session or for more info, contact her directly: Casey@YogawithCasey.com.

REFUND POLICY: Full refund less 15% processing fee until three weeks before course; 50% processing fee one to three weeks preceding course; no refund if cancelled during week immediately preceding event.

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