

Introduction to Svaroopa Yoga: Core Opening
Thursdays, 5:00-6:30pm, 10/19-11/16
Suggested donation for series: \$50-70

This five-week series is a focused introduction designed for people new to *Svaroopa*® yoga, new to yoga, or just curious about this unique approach to yoga practice.

Svaroopa® yoga is a very "user-friendly" style, so students can begin taking classes any time they are ready. Even without any background, a new student can experience the release of spinal tension this style of yoga is famous for.

However, because we work with the body so differently, it can take some time to feel confident and comfortable in the practice - to feel "at home." In this class, we will take time to stop more often to explain the purpose behind the process. All students acquire this information over time in the regular classes, but in this 6-week series, you will set that foundation directly. This provides a context for what you experience in class and for what you practice at home.

This course may be taken independently or in conjunction with another weekly class. The suggested fee for the series is \$70.