

Intro to Svaroopa® Yoga

with Kusuma Sachs

June 8, 2018

Friday 6:00 - 7:30 pm

Discover a user-friendly yoga that heals what ails you and keeps you young. How? By unraveling the deepest tensions in your body, no strain – no sweat! Bring your questions and concerns, whether you are brand new or an experienced yogi. Learn how to work with your body in a whole new way. After questions, discussion and demo, you get to experience how easy it is to feel better in just a few minutes. Leave understanding your body better and with new options for how to improve.

Kusuma (Karobi) Sachs CSYT, RYT 500, E-RYT 500



Karobi began exploring yoga in the late 1970's. She became a *Svaroopa*® yoga teacher in 2000, joined the teacher training team in 2002 and left her nursing job to devote herself full time to Master Yoga in 2004. Through her on-going training with Swami Nirmalananda and her yearly travels to India, Karobi has acquired a depth of understanding and experience about yoga which she brings to her teaching. Karobi brings a compassionate and accepting presence to the classroom. She enjoys demonstrating how *Svaroopa*® yoga benefits and supports people from a vast range of ages, abilities and body types.



LOCATION

Marlborough Yoga
19 Maple Street, Unit A
Marlborough, MA 01752

HOST

Nirooshitha Sethuram
508.887.5495

<http://www.marlboroughyoga.com/>

FREE

Donations accepted. Register here:
<http://svaroopa.org/intro-svaroopa-180608>

