

Half Day Program

with Kusuma Sachs

June 9, 2018

Saturday 9:00 am - 1:00 pm

Three hours of yoga poses plus an hour of chanting and meditation. Body, mind, heart and deeper – the bliss of consciousness is guaranteed. Anyone can attend; it's all user-friendly while being deeply effective and profoundly nourishing. Meditation instruction is included, along with personal attention in your poses for maximum benefits. How much can you get in a short time? You'll be amazed!

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/>

TUITION

Early Rate: \$91.00

(on or before June 1, 2018)

Standard Rate: \$101.00

REGISTRATION

svaroopa.org/hdp-ma-180609

