

Registration Form

- We accept cash or checks.
- You may reserve your space with a \$25 deposit or full payment.
- Please fill out the form below and return to:
Marlborough Yoga, 19-A Maple Street, Marlborough, MA 01752
- Please make checks payable to: **Annette Zucco**

Name: _____

Preferred Telephones: (w): _____

(h): _____

(c): _____

(email): _____

Check Class Day and Time

___ Monday 7:30 – 9:15 pm ___ Friday 9:45 – 11:15 am

- If attending 2 or more adult yoga classes for the session, a 10% discount is offered.
- Students may join classes with available space at any time. Fees will be pro-rated.
- Make-ups for missed classes are offered in classes with available space within the session.
- In case of cancellation due to inclement weather, make-ups will be offered within the session. Snow cancellations are listed on the website and or you can find out by calling 508-887-5495.
- Students observing religious holidays may pro-rate the course fee or make up the class.
- Drop-in fees: 1 hr. 15 min class \$21
1 hr. 30 min class \$23
1 hr. 45 min class \$25

Directions

Marlborough Yoga is in Maple Crossing between Granger Blvd. (Rt. 20 Bypass) and Maple Street. Other businesses in our building are DMD Dental, Clockwork Pizza, Edward Jones Investments and Distinctive Realty. We are at the end of the building on the second floor. A private entrance is just left of the door for Distinctive Realty.

From Rt. 20 going West: Follow signs into Marlborough. Pass through the intersection of Rt. 20 Bypass and Main St. Turn LEFT into Maple Crossing.

From 495 or Rt. 20 going East: Take Rt. 20 East (the Marlborough exit from 495). At the 3rd light merge RIGHT onto Rt. 20 Bypass. Go through 2 lights and take a RIGHT into Maple Crossing.

From Route 85 toward Hudson: Take a RIGHT onto the Rt. 20 Bypass (Rockport Shoes is on your right). Turn RIGHT into Maple Crossing.

MARLBOROUGH YOGA

Annette Zucco
CSYT

azucco@speakeasy.net

508.353.5816



Spring One Classes 2018

**Beginner/Continuing Svaroopa® Yoga
Embodiment® Yoga Therapy**

*In the moment your mind becomes still,
you will be in the bliss of your own being.*

-Patanjali – 1.3

Marlborough Yoga • 19-A Maple Street • Marlborough, MA 01752
www.marlboroughyoga.com

Annette's Spring One Svaroopa® Yoga

Monday ~ *Experienced*
7:30-9:15 pm (requires instructors permission)
Mar 5, 12, 19, 26 Apr 9, 16, 23, 30; **8 classes, \$176.00**
(No class on Apr 2)

Friday ~ *Beginner/Continuing*
9:45-11:15 am
Mar 2, 9, 16, 23, 30, Apr 6, 13, 20, 27; **9 classes, \$171.00**



Patanjali

Annette Zucco • CSYT

Annette discovered Svaroopa yoga in 2004. She found that being supported with props allowed her to release in the poses, and after just one class she was able to do poses that she was unable to do before. As she continued practicing Svaroopa yoga her chronic back and knee pain went away and she began to feel calmer and more centered. Annette has completed over 700 hours of teacher training through Svaroopa Yoga Foundation, is a Certified Svaroopa Teacher (CSYT), and is a certified *Embodiment* Yoga Therapist.

About Svaroopa Yoga

In Svaroopa yoga, poses are carefully chosen and sequenced to provide the release of muscular tensions in the core of the body along the spine. While in the poses you are supported with various props which allow the tensions deep within the body to relax and release without exertion. Svaroopa is a very gentle and meditative style of Hatha yoga. Your body will become more relaxed and flexible, Your mind will become quiet and calmer and you will begin to feel "the Bliss of your own Being".

Embodiment Yoga Therapy

Embodiment Yoga Therapy is based on the fundamental principles of Svaroopa yoga, which states that the muscular tensions at the tailbone and sacrum must be released before the rest of the body and the mind can be relieved of stress, tensions and pain. During an Embodiment session, the therapist uses specific hand position on the lower back to gently facilitate the release of the muscles in the core of the body. The client settles into a meditative state and a place of deep relaxation, which is both healing and restorative. Embodiment therapy is beneficial for someone who is recovering from an injury or surgery. An Embodiment session is a wonderful way for a yogi to deepen their personal yoga practice and is for anyone that would like to experience a deep state of consciousness and bliss.

