



Marlborough Yoga
19-A Maple St,
Marlborough, MA
Tel: (508) 887-5495

Learn to Meditate

A Three-part Series Taught by Lissa Yogeshwari Fountain, CSYT
Sundays, 2:00pm – 4:00pm, September 30, October 7 and 14

Svaroopaa is Sanskrit for your own "true form". Experiencing your true form is the purpose of yoga as described by Patanjali in the Yoga Sutras. This is the goal of Svaroopaa® Yoga Meditation. The experience is unmistakable: the unparalleled bliss of your own Beingness - the discovery of your own Self. This is a introductory 3 part series that develops your skills over time, giving you the confidence to dive into meditation and keep it going!

Benefits of the Svaroopaa® Yoga Meditation:

- Equanimity and peace of mind
- Improved mental clarity and decision making
- Practical tools for bringing Consciousness into your daily life
- The experience of personal integration and wholeness

Early Bird Pricing (before 8/30 \$125): \$150 for all 3 sessions (after Aug. 30)

Register with Lissa at yogaconnection@hotmail.com or call 508-525-1101

Discover...

"Your own true form."



Lissa Yogeshwari Fountain is a leading Svaroopaa Yoga and meditation teacher with 18 years experience. She has classes throughout Metrowest Boston, teaches Svaroopaa Yoga nationally and feels a special "calling" in spreading the joy and empowerment of meditation.