

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: **Marlborough Yoga**

Name: _____

Preferred Telephones: (w): _____

(h): _____

(c): _____

(email): _____

Check Class Day and Time

___ Mon. 10:15 am ___ Mon. 5:45 pm
___ Mon. 7:30 pm ___ Thurs. 7:15 pm

- 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 on the phone message at 508-481-2559.
 - Students observing religious holidays may pro-rate the course fee or make up the class.
 - Drop-in fees: 1 hr. 15 min class \$18
1 hr. 30 min class \$20
1 hr. 45 min class \$22
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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

Sandy Courtney
CSYT, RYT

Sandy@marlboroughyoga.com
508.473.9274



Winter Classes

**Gentle, Deeper & Bliss Svaroopa® Yoga
Yoga & Embodiment® Yoga Therapy
Corporate Classes
Meditation**

*The heart is the hub of all sacred places.
Go there and roam. ~ Nityananda*

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

Sandy's Winter Svaroopa® Yoga

Monday ~ *Beginner Bliss*

10:15-12:00 noon

Jan 3, 10, 17, 24, 31, Feb 14, 21, 28; **8 classes, \$152**

No class Feb 7

Gentle

5:45-7:15 pm

Jan 3, 10, 17, 24, 31, Feb 14, 21, 28; **8 classes, \$128**

No class Feb 7

Deeper

7:30-9:15 pm

Jan 3, 10, 17, 24, 31, Feb 14, 21, 28; **8 classes, \$152**

No class Feb 7

Thursday ~ *Advanced Bliss*

7:15-9:15 pm (requires instructors permission)

Jan 6, 13, 20, 27, Feb 10, 17, 24; **7 classes, \$154**

No class Feb 3

Bliss Intensive with Sandy

Saturday, 9:00 am – 5:00 pm

January 22

Sunday, 9:00 am – 4:30 pm

January 23

\$175

This weekend will benefit beginners through advance practitioners. *Svaroopa®* yoga's primary breathing practice, Ujjayi Pranayama, in combination with well-supported poses, in deep angles, with longer holds, interwoven with contemplations from ancient texts, will create powerful change and healing through your body, mind and emotions. It is transformational!



Sandy Courtney • CSYT, RYT

Sandy Courtney is a CSYT (Certified *Svaroopa®* Yoga Teacher) and RYT (Registered Yoga Teacher). She was hooked on *Svaroopa®* Yoga from her very first class in 1999 when she felt a deep inner release. She has been studying and teaching *Svaroopa®* Yoga since 2000. Sandy is a Lead Teacher, Meditation Teacher and *Svaroopa®* Yoga Therapist. She continues her training in Advanced Teacher Training and Yoga Therapy Training. Sandy brings enthusiasm, humor and her deep love of yoga to her classes.

About Svaroopa® Yoga

Svaroopa® Yoga, one of the primary styles of yoga in America, is known for its compassionate approach to profoundly transformative work with the body, mind and emotions. It is widely recognized as a powerful tool for promoting healing and personal transformation, as well as opening inner levels of transcendent experience.

In the Yoga Sutras, Patanjali uses the word *Svaroopa®* to name the inner experience of consciousness that is the goal of yoga. *Svaroopa®* means, “the Bliss of your own Being.” In Sutra 1.3 he says, “tadaa drashtuh svaroope ‘vasthanam’ “ promising that the moment your mind becomes quiet, you will abide in the bliss of your own being.

Svaroopa® facilitates flexibility by releasing the body into support utilizing pillows, blankets and other props. Poses are held with the emphasis on skeletal alignment, awareness and breathing. This inward focused, meditative approach to yoga uses props to bring you into deep angles that open the body at its core.

Embodiment® Yoga Therapy

Embodiment® yoga therapy is a hands-on healing technique that facilitates the body's own power to heal and revitalize from within itself.

While lying in a comfortably supportive position (Shavasana), the therapist gently encourages the release of deeply held tensions, facilitating a core opening that allows energy to flow unimpeded throughout the body's systems.

Sessions are by appointment only and last for approximately 1 hour. For more information please contact Sandy.