

# Standing in Your Sacred Self

with Leading Svaroopa® Yoga  
Teacher Lissa Yogeshwari Fountain



**Sunday, September 17: 1 to 4 pm \$65**

Learn to stand in your own Self:

- Your feet and legs firmly grounded in the here and now
- Your spine properly aligned, open, and decompressed
- Your heart uplifted
- Your mind quieted so that you can fully embrace all that you are beyond your mind

*Now, wherever you go, there your Whole You will be!*

To facilitate, Lissa will lead you through yoga poses that support and enhance the power of yoga's standard of standing poses, Tadasana—the pose of "That". You will feel a new found freedom and joy in the everyday experience of simply standing.

*"When you decompress your spine by doing Svaroopa® Yoga, you have a profound experience. This inward blossoming is our specialty." ~ Swami Nirmalananda, originator of Svaroopa® Yoga*



**THE CENTERED PLACE YOGA STUDIO**

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