

The Shavasana Course

with Cathy (Vidyadevi) Stillman

June 19 - 21 2020

Friday 6pm to Sunday 4:30pm

Perfect your Shavasana by following Vidyadevi's guidance in five hour-long Shavasanas – all in one weekend! Each new experience takes you deeper within yourself, for illuminative insights and profound physical changes. Share your descriptions and hear what is happening for everyone else in each of the discussions, while you learn from Vidyadevi's explanations of the meaning and significance of what is blossoming within. This weekend workshop is a few hours longer than most weekends, with an extra course meeting in order to do all the different Shavasanas that are included. Discover the power of doing nothing - and how you can get more by doing less.

Vidyadevi (Cathy) Stillman CSYT, RYT 500, E-RYT 500



Svaroopa® yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with *Svaroopa*® yoga originator Swami Nirmalananda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.



LOCATION

Fulden Byevej 2
8330 Beder
Denmark

HOST

Trine Medhira Larsen
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TUITION

Early Rate: \$325.00 USD
(on or before June 12 2019)
Standard Rate: \$385.00 USD

REGISTRATION

<https://svaroopa.org/shavasana-denmark-2006>

