Svaroopa® Yoga Workshop

June 11th, 3pm – 5pm

With Marie Levit

Yoga Journal described Svaroopa® (pronounced "svah-roo-pah") yoga in the following way:

"This style of yoga teaches different ways of doing familiar poses, emphasizing the opening of the spine by beginning at the tailbone and progressing through each spinal area. Every pose integrates the foundational principles of asana, anatomy and yoga philosophy, and emphasizes the development of transcendent inner experience, which is called 'svaroopa' by Patanjali in the 'Yoga Sutra'. This is a consciousness- oriented yoga that also promotes healing and transformation... New students find this a very approachable style."

Svaroopa® yoga, which many call "bliss yoga," is about spinal decompression. Classes begin with long guided relaxation and breathing. As you melt into the support of blankets and props, you will then be taken through series of poses which will release core tensions in the spine and lift pressure from internal organs and glands. This will create profound changes throughout your entire body, calm the mind and invite you to experience bliss of being yourself.

Svaroopa® yoga helped many people elevate back and joint pain, release shoulder and neck tension, improve digestion, breathing and circulation, release stress and much more.

This workshop is an introduction to Svaroopa® yoga class, which will be held on Tuesdays, 7.15- 8.45 pm. and will be limited to 8 people.

About Marie:

Marie is a healer, author and speaker, who dedicated her life to knowing herself at the deepest level of her being and helping others to do the same. When Marie discovered Svaroopa® Yoga, she was so impressed with the impact that this style of yoga had on her body and mind that it immediately became one of her greatest passions.

In 2008 Marie took a teacher training course and opened a yoga studio in Atlanta, GA. Upon her relocation to Virginia Beach, Marie began teaching at the Ocean Front yoga studio. To learn more about Marie, visit her website: www.marielevit.com