

# Foundations of Svaroopaa<sup>®</sup>

with Michelle (Kamala) Gross

**April 8-13 2024**

Monday 8:30 - 6:30 pm

Tuesday- Friday 7am - 6:30pm

Saturday 7am - 12:45pm

Learn the foundational poses that reveal yoga's promise, to know who and what you really are - Consciousness.

This course provides a deep experience and the information you need to practice yoga on your own at home or to share your yoga with others.

Whether you are a new yogi, an experienced Svaroopi or coming from another yoga style, learn how to get the most benefit from your practice. Refined techniques and a clear understanding of how this yoga works show you the way.

## Michelle (Kamala) Gross CSYT, RYT 500



Kamala (Michelle) Gross began taking and studying Svaroopaa<sup>®</sup> yoga in 1997 and opened Westborough Yoga Studio in 2002. As well as teaching weekly classes, Kamala is a full time Svaroopaa<sup>®</sup> yoga and Embodiment<sup>®</sup> therapist, as well as a meditation teacher. She is excited to help spread the practices of Svaroopaa<sup>®</sup> yoga beyond her local community. She is committed to helping others find what this style of yoga has to offer and create a community of teachers.

# Yoga



## Location:

Rehoboth Beach Yoga  
20245 Bay Vista Rd, Ste 101  
Rehoboth Beach, DE 19971

## Host:

Terry Gardner

[terry@rehobothbeachyoga.com](mailto:terry@rehobothbeachyoga.com)

## Tuition:

Early Rate: \$825.00 (by 3/1)

Standard Rate: \$875

## For More Info:

<https://svaroopaa.org/foundations-rehoboth>

