

# Svaroopaa® Yoga Bliss Weekend

with Kelly Sullivan at the samve yoga centre  
(In Bankers Hill, 2 blocks west of First Ave.)

Yoga says your True Nature (Svaroopaa) is the  
**Bliss of Consciousness**

*June 19 & 20, 2010  
Saturday & Sunday,  
9 a.m. to 5 p.m.*

In this course we have a whole weekend of Svaroopaa yoga Bliss practices that easily support an unraveling of the deepest tensions resulting in “core opening” or spinal release.

**Opening** the body for the purpose of delving into the *deeper* dimensions of our own existence.

**Giving** you a gentle *unfolding* experience of your Self.

**Explore** the compassionate practice of Svaroopaa yoga, created for the purpose of healing, transformation and transcendent experience.

This weekend will support your understanding and integration of these simple yet powerful Svaroopaa yoga practices and experiences into and through your life, Being in Bliss and being grounded simultaneously.

The weekend will include orientation about Bliss yoga, four extended and deeper (3 to 3 1/2 hours) Bliss lessons, contemplations, some Bhakti yoga, some discussion, lunch break each day (does not include lunch)

**Enrollment: This course is beneficial and appropriate for all.**

\$150 paid by May 20

\$165 paid by May 25

\$175 paid after June 5

Please contact Kelly for Registration, Information  
and visit website for more info about the samve centre and Kelly  
[www.samve.com](http://www.samve.com)   [ksullivan@cox.net](mailto:ksullivan@cox.net)   858 495 2448

