

# Cultivating Vitality

## Tending your Inner Fire

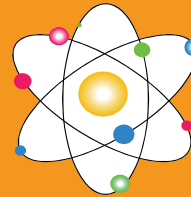
with Casey Gerdes, CSVT, ERYT

*Feeling depleted and tired?  
Need more ENERGY?*

This workshop is designed to awaken and build your internal reserves of energy, strength and vitality. You'll learn specific Svaroopa® yoga practices you can do at home that build 'prana' - your reserves of life force, improve your digestion, increase your stamina, and leave you feeling energized and at ease.

**Sunday, May 18, 2008**  
2—5:30 P.M.

\$60/ \$55 if paid by Thursday May 8



To register, or for more information contact:

### **Samve Centre**

Kelly Sullivan  
858.495.2448  
[www.samve.com](http://www.samve.com)

Make check payable to: *Kelly Sullivan, Samve Centre*

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*Casey has studied and taught Svaroopa® yoga* nationally and internationally for 12 years, 10 years as a Teacher Trainer. She is a Senior Svaroopa Teacher, an advanced Svaroopa yoga therapist, an Embodiment® therapist and meditation teacher. She teaches with compassion and humor. For more information about Casey or Svaroopa yoga, visit [www.YogawithCasey.com](http://www.YogawithCasey.com)