

# Beginner Svaroopa® style Yoga Series with RYOKO

Tuesdays, 6:00pm – 7:30pm (6 week series starts on **Feb. 23**)

@ YOGA HAVEN (Bearden, behind Goodwill on Kingston Pike)

The early registration discount: \$84 (The price increases to \$90 after Feb. 16, 2010)

*“Discover a radical new way to take care of yourself.  
Create your own healing, transformation and illumination.”*

**Svaroopa® Yoga** is a very gentle and therapeutic yoga approach. You will be surprised by the **profound healing results at all levels**. **“Svaroopa® Yoga is for everyone.”** If you are feeling stiff or out-of-shape, try out **Svaroopa® Yoga** to find the most essential parts of true yoga teaching. This style is also a wonderful counter-balance for people who are engaged in high physical training or a very stressful life style.

This series is designed to introduce a step-by-step practice of the fundamentals of **Svaroopa® Yoga**. The classes will cover the power of **Ujjayi Pranayama** (**Svaroopa® yoga's** primary breathing technique) as well as the most important poses in **Svaroopa® Yoga** practice: **the Primary Spinal Openers**. You will experience deeper changes in the body and a deeper meditative inner experience. The release of the tailbone tension affects the entire physical body and the subtle (energy) body. Upon completion of this series, students will appreciate the importance of support from blankets and blocks and will be able to apply the practice of **Svaroopa® Yoga** to deepen your daily yoga and meditation. **No previous experience with yoga is required.**

To learn more about the many benefits of **Svaroopa® Yoga & Embodiment® Yoga Therapy**, visit [www.HealingSpiritBodywork.com](http://www.HealingSpiritBodywork.com)



**Ryoko** (“Lyo-ko”) **Suzuki, MS, ATC, CSCS, LMT, RYT**: After her extensive and thoughtful study of Kripalu, Vinyasa, Ashtanga, Anusara, Iyengar, Yin, Acu-Yoga, and Qigong, **Ryoko discovered the most benefit (physical, mental and emotional transformation) and true teaching of Yoga in her study and teaching of Svaroopa® Yoga**. Under the guidance of **Swami Nirmalananda Saraswati**, Ryoko studies **Svaroopa® Yoga, Yoga Therapy, and meditation** through the Master Yoga Foundation in Malvern, PA, near Philadelphia. **Ryoko's passion for teaching and extensive therapist experience makes her classes truly unique, warm, joyful, peaceful, meditative, and therapeutic, as well as provides a safe environment for learning.** Ryoko has been practicing professional manual therapy since 1997. In addition to different Eastern healing modalities and Western osteopathic manual therapy techniques, Ryoko also uses **Yoga as an integral part of rehabilitation with great success in Orthopedic Physical Therapy settings**. At Yoga Haven, she offers **Embodiment® Yoga Therapy (gentle, yet the most profound hands-on healing modality)**. Ryoko is also trained in **Craniosacral Therapy, Strain Counterstrain, Neuromuscular/Medical Massage, Mobilization/Muscle Energy Technique, Shiatsu, and Reiki.**

\* **Email [HealingSpiritBodywork@gmail.com](mailto:HealingSpiritBodywork@gmail.com) or call (865) 385 - 6066 if you have questions**

\* **Pre-registration required due to limited space & props**

\* **Drop-Ins (\$16) are welcomed on a space available basis. Please call ahead.**

\* **Payment by cash or check only (Payable to Ryoko Suzuki).**

\* **Gift Certificates available**

**MAIL FORM & CHECK TO: RYOKO SUZUKI, c/o YOGA HAVEN, 12 Forest Ct, Knoxville TN 37919**

**NAME:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_