

YOGASPHERE 2018/2019

108 Hour – Yoga Alliance Certified Sri Vidya Immersion Program



YOGASPHERE, registered 500 Hour Yoga School (RYS500), offers an extensive, in-depth Sri Vidya immersion for dedicated students, practitioners and teachers of yoga!

Let the transformation begin! Our Sri Vidya Immersion Program begins in September 2018 and runs through June 2019 on 7 dedicated weekends and includes a summer 2019 extended sadhana. Sri Vidya Immersion Program provides the structure and practices precisely designed in this wisdom tradition that catalyze spiritual growth and personal skillfulness to embody transformation toward our highest realized self.

The Yogasphere Sri Vidya Immersion Program, its teachings, and teachers, are authorized and approved in the authentic Sri Vidya lineage by Saraswati River Yoga founder, Yogasphere co-founder and Yogini Adept Parvathi Nanda Nath.

This program includes in-depth Immersion Weekends, Teachings and Sadhanas in: Ganesh, Durga, Tara, Shiva, Dakini Emotions Mandala, Lalita and extended sadhana. We will learn teachings that adhere to the highest level of authenticity in this wisdom tradition and practice as a sangha through dedicated sadhana to transform, establish and integrate energies and establish skillfulness, steadiness, responsibility and joyousness in life.

Participants will need to have a mature and dedicated outlook in both individual and group practice and be able to examine the workings of the mind and emotions with some steadiness. Experience in meditation, mantra, asana, and spiritual inquiry is helpful, though all interested applicants will be considered on an individual basis. Participants who have a 200 Hour YA Teaching Certification will be eligible to receive 108 Hours Advanced Teacher Training upon completion of all Immersion requirements.

Topics and Dates for Core Weekends*

Weekend Hours: Fridays 6 – 9 pm; Saturdays 1 – 7 pm; Sundays 1 – 4 pm

Weekend 1–Sept 7,8,9 2018 GANESH

Welcome and Orientation /Introduction to Sri Vidya / The Energy, Philosophy and Practices of Ganesh /Ganesh Tarpanam

Weekend 2– Nov 9,10,11 2018 DURGA

Establishing Sadhana/ The Energy, Philosophy and Practices of Durga/ Sanskrit and Mantra

Weekend 3– Jan 18,19,20 SHIVA

Meditation/ The Energy, Philosophy and Practices of Shiva /Camakam Text

Weekend 4– Feb 22,23,24 2019 TARA

Fundamentals of Buddhist Philosophy/ The Energy, Philosophy and Practices of Tara /Nyasa and Intro to Puja

Weekend 5- Apr 5,6,7 LALITA

Sri Vidya Philosophy/ The Energy, Philosophy and Practices of Lalita/Lalita Sahasranamam

Weekend 6– May 3,4,5,6 2019 DAKINI MANDALA

Intro to Emotion Mandala/The Elements, Emotions and Reactivity/ Working with the Dakinis

Weekend 7– May 31, June 1,2 2019 ESTABLISHING SUMMER SADHANA and CONCLUSION

Make Up Weekend – May 10,11,12 in case of weather-related cancellations

Tuition*

Early- \$1350: \$750 by Jul 1, 2018; \$300 by Oct 1, 2018;
\$300 by Jan 1, 2019

Full - \$1500: \$800 by Sept 1, 2018; \$350 by Nov 1,
2018; \$350 by Jan 1, 2019

*Please contact us if a different payment plan is needed.

**Register ASAP- Upon acceptance, participants
receive 20% off designated Sri Vidya Workshops
at Yogasphere through June 2019!**

Teaching Staff (E-RYT500):

Lead: Cathy Frank

*Senior Instructors: Carrie Robb,
RaeAnn Banker, John Fagan,
Rachel May, David Pittenger,*

For more info, contact

cathyogosphere@gmail.com

YOGASPHERE

18 Swamp Rd, Newtown 18940
883 Bustleton Pike, Richboro 18954
739 N Easton Ave, Doylestown 18902

www.yogasphere.net * 215-579-6130

