

YOGASPHERE 2018/2019

108 Hour -Sri Vidya Immersion for Spiritual Growth and Support



YOGASPHERE, registered 500 Hour Yoga School (RYS500), offers an extensive, in-depth Sri Vidya immersion for dedicated students, practitioners and teachers of yoga. All sessions are recorded, attend in person or remotely as needed!

This authentic Sri Vidya Immersion Program provides the structure and practices precisely designed to catalyze spiritual growth and personal skillfulness to embody transformation toward our highest realized self. We will work to reveal and integrate the strength, resilience and dedication to service needed to thrive during these difficult times in the support of a dedicated group, or sangha. The immersion begins in September 2018 and runs through June 2019 on 7 dedicated weekends (Saturday and Sunday) and includes a summer 2019 self-scheduled sadhana, as well as biweekly web conference practice and discussion sessions.

The lead teacher for this immersion, Cathy Armstrong Frank, and all teaching staff and practices, are authorized and fully approved in this Sri Vidya lineage by Saraswati River Yoga founder, Yogasphere co-founder and Yogini Adept Parvathi Nanda Nath. These authentic lineage practices of transformation are extremely rare to find in undiluted or uncorrupted form. This is a high-level immersion for serious students who desire to recognize and move through personal habitual patterns that cause difficulties in life.

The meditation, mantra and self-awareness practices of Sri Vidya establish emotional, mental and even physical body clarity and strength. This training requires maturity and an understanding of healthy group dynamics and personal responsibility. Some experience with meditation or mindfulness is recommended. A different way to live is truly possible through dedicated practice and application of this philosophy. 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: Saturdays and Sundays 12:30 – 5:30 pm,
15 1 hour web conference practice and discussion sessions throughout immersion. All sessions will be
recorded and available to participants for remote participation as needed.*

Weekend 1–Sept 8,9 2018 GANESH and FOUNDATIONAL PRACTICES for SADHANA

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

Weekend 2– Nov 10,11 2018 CHANDI

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

Weekend 3– Jan 19,20 LAKSMI

True Wealth and Abundance / The Energy, Philosophy and Practices of Laksmi/ Sri Suktam

Weekend 4– Feb 23,24 2019 SHIVA

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

Weekend 5- Apr 6,7 2019 LALITA

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

Weekend 6– May 5,6 2019 BHUVANESHWARI

The Energy, Philosophy and Practices of Bhuvaneshwari/ The Elements, Emotions and Reactivity

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

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

Tuition*

Early- \$1200: \$600 by Aug 1, 2018; \$300 by Oct 1,
2018; \$300 by Dec 1, 2019

Full - \$1400: \$700 by Sept 1, 2018; \$350 by Nov 1,
2018; \$350 by Dec 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

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YOGASPHERE

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