

2019- 2020 YOGASPHERE SRI VIDYA IMMERSION
for UNDERSTANDING the MIND and SELF
Authentic Practices in Self-Realization

Sat 12:30 - 5:30 and Sun 1:30 - 5:30
45 Weekend Hours, 10 Practice Hours, 20 Zoom Hours

WEEKEND DATES (attend in person or video/audio afterward) :

Sept 28,29 2019 DAKINI Mandala of Emotions I- Orientation / Intro to Emotion
Mandala/Understanding the Mind through Elements, Emotions and Reactivity- Dakini Sadhana

Nov 9,10 2019 DAKINI Mandala of Emotions II- Application of the Mandala/ Embodying
Liberated Emotions in Life- Dakini Sadhana

Jan 11,12 2020 LONGEVITY, DEATH and DYING PRACTICES- Compassionate Approaches to Living
and Dying, Assisting in Transitions from the Body

Apr 4,5 2020 CHANDI PATH I - Complete Practice of the Chandi Path Text, including
applications for healing and protection

May 30,31 2020 CHANDI PATH II- Deepening Chandi Path with Advanced Sequences and
Practices

PRACTICE SESSIONS (attend in person or video/audio afterward) :

Saturdays 12:30- 1:30 PM at Newtown or Richboro:

Oct 12, Oct 26, Dec 7, Feb 1, Jan 25, Feb 8, Mar 21, Apr 25, May 16, Jun 20, July 11.

ZOOM video sessions: TBA – 1-2 times a month (attend real time or video/audio afterward)

TUITION:

Early Bird \$1100 (Paid in Full by Sept 1; \$600 by July 1, \$500 by Sept 1)

Full Tuition \$1200 (\$500 by Sept 1, \$350 by Dec 1, \$350 Feb 1)

Monthly Payment Plan \$1300 (\$130/month, Sept through June, auto pay)

LEAD TEACHER and CONTACT for more info: CATHARINE ARMSTRONG FRANK
cathyogasphere@gmail.com, E-RYT500, MS Chemistry, YOGASPHERE CO-OWNER

*Continuing Education Credits available for Certified Yoga teachers. Registration for individual modules will be available on our workshop page, though participation in the entire immersion is recommended for a complete immersion experience. Practice session and Zoom dates are subject to change, all will be recorded to ensure the material is available. No refunds will be given once the immersion begins.