

YOGASPHERE SRI VIDYA IMMERSION 2020–2021

Weekend Hours: Saturdays 12:15 – 5:45 pm; Sundays 1:15 – 4:45 pm

6 Saturday Practice Sessions, 12:15- 1:45 pm

10 Video Meeting Sessions Mondays 7-8:30 pm, attend real time or via recording

Topics and Dates for Core Weekends

Weekend 1	SEPT 12,13	GANESH and FRESHNESS	Zoom Meeting Sep 21, Oct 21
Weekend 2	NOV 14,15	DURGA and POWER	Zoom Meeting Nov 23, Dec 14
Weekend 3	JAN 16,17	TARA and COMPASSION	Zoom Meeting Jan 25, Feb 22
Weekend 4	FEB 27,28	SHIVA and WHOLENESS	Zoom Meeting Mar 8. Mar 29
Weekend 5	APR 17,18	MANDALA of ELEMENTS and EMOTIONS	Zoom Meeting Apr 26
Weekend 6	MAY 15,16	MANDALA of ELEMENTS and EMOTIONS	Zoom Meeting May 17

***Individual informational sessions
available upon request!***

*80 Hours of CE Credits for YA 200
Hr Certified Instructors.*

*Individual Sadhana Support
and Guidance ~Sangha Community
for Practice and Connection*

Primary Teaching Staff:

Cathy Armstrong Frank, E-RYT 500

COST:

**\$850 Early Bird (\$450 by July 15, \$200
by Sept 1, \$200 by Oct 1)**

**\$975 Regular Tuition (\$525 by Sept 1,
\$425 by Nov 1, \$425 by Jan 15)**

*No experience in meditation
needed, simply a sincere desire to
learn applied Yoga Philosophy
through an accessible lens of the
authentic Sri Vidya tradition that
allows those that live in the
“everyday” world to embody
strength, clarity, peace and
purpose through practice.*

**For more info,
contact Cathy Frank:**

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