

## About the Instructor

### Jeanne Marie Plourde

Jeanne Marie Plourde discovered Svaroopa® Yoga when she was looking for a way to alleviate the stress of being laid off from a job she had held for eight years. She became completely hooked on Svaroopa® Yoga after her first class and attended the Foundations of Svaroopa® Yoga Training at Kripalu last year. Jeanne Marie believes that the opportunity to teach Svaroopa® Yoga has given her a fresh start and new perspective on life and she is continuing her training with Swami Nirmalanda Saraswati (formerly Rama Berch) of Master Yoga Academy in Malvern, PA. She looks forward to sharing this relaxing and meditative form of yoga with others.

Jeanne Marie can be reached by email at [jmariep@msn.com](mailto:jmariep@msn.com) or by voicemail at 508.561.3181.



“In Svaroopa® Yoga, you learn to live in a body that is open, easy, and breathing.”  
*Swami Nirmalanda Saraswati*

## Earthsong Yoga

Earthsong Yoga is conveniently located near the intersection of Rte 85 and Rte 20, in the Corey Building on the 2nd floor in downtown Marlborough at 186 Main St #14. The entrance is located between Main St Café and Avant Garde, opposite Sovereign Bank.

There is free 2 hour on street parking and a free parking garage behind the building.



### Earthsong Yoga

186 Main St 2nd Floor  
Marlborough, MA 01752

508-480-8884

[www.earthsongyoga.com](http://www.earthsongyoga.com)

***Be a Light to the World***



## Svaroopa® Yoga

with

*Jeanne Marie Plourde*

Spring 2010

Wednesday 10:00am-11:30am



## Registration Form

We accept cash, checks, Visa and MasterCard

You may reserve your space with a \$25 deposit, or pay in full

Please make checks payable to Jeanne Marie Plourde and return to:

Earthsong Yoga

186 Main St #14

Marlborough, MA 01752

If you are not familiar with our cancellation and transfer policies, please request a copy or visit our website.

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class Time: \_\_\_ Wed. 10:00 a.m.—11:30 a.m.

If attending 2 or more yoga classes for a session, a 10% discount is offered.

Students may join classes with available space at any time. Fees will be pro-rated.

Make-ups for missed classes are offered in classes with available space within the session.

In case of cancellation due to inclement weather, make-ups will be offered. Snow cancellations are listed on the phone message, 508-480-8884.

Students observing religious holidays may pro-rate the course fee or make-up the class.

## Svaroopaa® Yoga

*with Jeanne Marie Plourde*

**Wednesday**

**10:00 a.m.—11:30 a.m.**

**Summer:** May 19, 26

June 2, 9, 16, 23

6 classes \$90 Drop-ins \$18

## Free Svaroopaa® Yoga

*with Jeanne Marie Plourde*

**Wednesday May 12, 2010**

**10:00 a.m.—11:30 a.m.**

## About Svaroopaa® Yoga

*with Jeanne Marie Plourde*

Svaroopaa® Yoga is a technique for opening your body (*roopa*) to find your Self (*sva*). It utilizes a radically different approach than most modern styles of yoga and can give you a new way to think about *asana* practice. The practice creates a core opening by releasing the tensions in the deepest layers of your body. Dissolving these tensions allows you to live with ease, both in your body and in your deeper self.

The poses in Svaroopaa® Yoga begin at the tailbone and progress through the spinal area using props such as blankets and blocks. This core opening not only helps to relieve spinal tensions, but also brings positive changes to your mind and emotions allowing you to experience peace and inner transformation. You will leave each class feeling fully rested and relaxed.