

## Registration Form

- We accept cash or checks.
- You may reserve your space with a \$25 deposit or full payment.
- Please fill out the form below and return to:  
**Marlborough Yoga, 19-A Maple Street, Marlborough, MA 01752**
- Please make checks payable to: **Barbara Wilson**

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

Preferred Telephones: (w): \_\_\_\_\_

(h): \_\_\_\_\_

(c): \_\_\_\_\_

(email): \_\_\_\_\_

### Check Class Day and Time

\_\_\_ Wed. 5:30 pm      \_\_\_ Sat. 9:30 am

- If attending 2 or more adult yoga classes for the 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 within the session. Snow cancellations are listed on the website and on the phone message at 508-481-2559.
  - Students observing religious holidays may pro-rate the course fee or make up the class.
  - Drop-in fees: 1 hr. 15 min class \$19  
1 hr. 30 min class \$21  
1 hr. 45 min class \$23
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### Directions

**Marlborough Yoga** is in Maple Crossing between Granger Blvd. (Rt. 20 Bypass) and Maple Street. Other businesses in our building are DMD Dental, Clockwork Pizza, Edward Jones Investments and Distinctive Realty. We are at the end of the building on the second floor. A private entrance is just left of the door for Distinctive Realty.

**From Rt. 20 going West:** Follow signs into Marlborough. Pass through the intersection of Rt. 20 Bypass and Main St. Turn LEFT into Maple Crossing.

**From 495 or Rt. 20 going East:** Take Rt. 20 East (the Marlborough exit from 495). At the 3rd light merge RIGHT onto Rt. 20 Bypass. Go through 2 lights and take a RIGHT into Maple Crossing.

**From Route 85 toward Hudson:** Take a RIGHT onto the Rt. 20 Bypass (Rockport Shoes is on your right). Turn RIGHT into Maple Crossing.

# MARLBOROUGH YOGA

**Barbara Wilson**  
**CSYT, RYT**

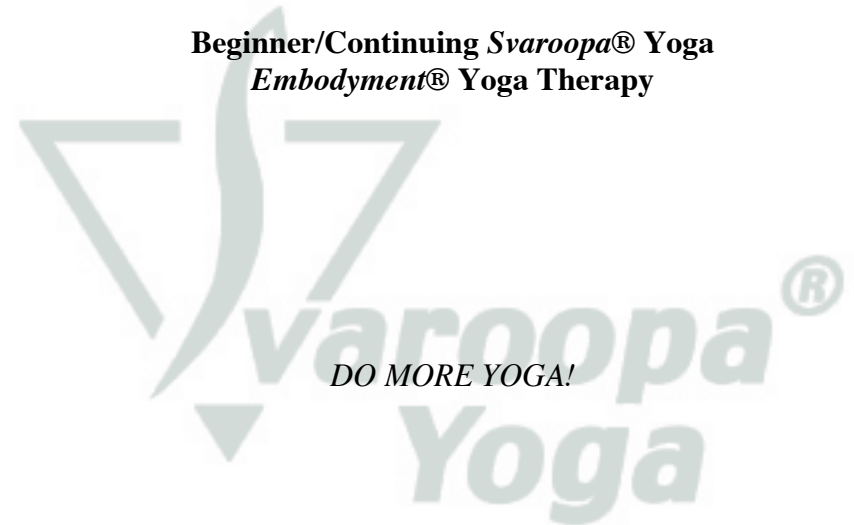
[Barbara@marlboroughyoga.com](mailto:Barbara@marlboroughyoga.com)

978.760.1048



### Winter Classes

**Beginner/Continuing Svaroopa® Yoga**  
**Embodiment® Yoga Therapy**



Marlborough Yoga • 19-A Maple Street • Marlborough, MA 01752

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

## ***Barbara's Winter Svaroopa® Yoga***

### **Wednesday ~ *Beginner/Continuing***

5:30-7:00 pm

Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, 29; **9 classes, \$153**

(No class Nov 23)

### **Saturday ~ *Beginner/Continuing***

9:30-11:00 am

Jan 7, 14, 21, 28, Feb 4, 11, 18, 25; **8 classes, \$136**



## ***Barbara Wilson • CSYT, RYT***

Barbara received her *Svaroopa®* yoga teacher training from Swami Nirmalananda Saraswati and Master Yoga Foundation. Over ten years ago, as part of her life as a ceramic artist, she began practicing *Svaroopa®* Yoga to build strength and maintain her health. She brings her enthusiasm and love of this yoga to each class. *Svaroopa®* Yoga is great for everyone, at every age, and in every physical condition.

Barbara is a Certified *Svaroopa®* Yoga Teacher (CSYT) and a Registered Yoga Teacher (RYT), a certified Embodiment® Therapist and is available for private sessions.

### ***About the Beginner/Continuing Class***

In this gentle, relaxing form of Hatha yoga, poses are non-strenuous, and are suitable to every level of fitness, flexibility or age. Beginning students find *Svaroopa®* deceptively easy, because it is slow-moving and utilizes the support of blankets and props. Continuing students develop increased awareness of the body and deepening release to the muscles surrounding the spine. Attention will be given to developing a daily home practice, as well as to individual needs for poses and additional supports in class.

### ***Embodiment® Yoga Therapy***

*Embodiment®* Yoga Therapy facilitates a release in the muscles deep in the core of the body, around the spine. This extraordinarily gentle, hands-on modality is a healing form of yoga that takes place in one-on-one private sessions. It uses the principles of *Svaroopa®* Yoga to facilitate the release of the tensions of your body, in a way that is much deeper than typically experienced in class. One session can release the same amount of tension as five yoga classes.

