PHONE COURSE

Surviving Your Mind with Vidyadevi

February 14 & 28, March 13, April 3
Tuesdays: 10:00 am – noon ET

Course held by conference phone call. If you miss a call, you may listen to a recording of it online any time in the next 30 days.

What do you do when your mind drives you crazy?

Learn what your mind is, how it works and how to work with it. Discover what it means when yoga says, "You are not your mind. You are so much more."

Vidyadevi will guide you through yoga's ancient teachings on the mind, drawing from multiple texts to give you a new way of living with your mind. Know how to deal with your mind in practical and useful ways and how to get past your mind so you experience your own Self.

Each call includes ample time for questions and discussion, as well as e-mail support from the group between phone calls.

Vidyadevi Stillman CSYT, RYT 500, E-RYT 500
formerly Bombay (Cathy) Stillman, Master Yoga's Director of Programs, Vidyadevi began studying *Svaroopa*® yoga in 1992 and has been training teachers in all levels since 1995. Her experience as a research scientist enlivens her understanding and teaching of the science of yoga. She is a Leading Teacher, *Svaroopa*® Yoga Therapist and Meditation Teacher. Her travels to India and personal yoga retreats deepen her understanding and experience of the promise of yoga.

MasterYoga Foundation
home of *Svaroopa*® Yoga

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This is a wonderful opportunity to learn from one of Master Yoga's premier teachers without leaving your own home!

Members Tuition:
Standard Registration: $240.
Early-Bird (paid 30 days prior): $225

Non-Members Tuition:
Standard Registration: $265.
Early-Bird (paid 30 days prior): $250

Materials Fee: *$15*

To enroll:
call 866.588.9642, extension 5
or email programs@masteryoga.org