

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: **Marlborough Yoga**

Name: _____

Preferred Telephones: (w): _____

(h): _____

(c): _____

(email): _____

Check Class Day and Time

___Sun. 5:30 pm ___Tues. 7:30 am ___Tues. 5:30 pm
___Wed. 9:30 am ___Wed. 7:15 pm ___Thurs. 9:30 am
___Fri. 12:00 pm

- 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

Caroline Kutil CSYT

Caroline@marlboroughyoga.com
508.481.2559



Winter Classes

Beginner and Continuing Svaroopa® Yoga
Introduction to Meditation
Free Friday Night Classes
Embodiment® Yoga Therapy
Vichara (Self-Inquiry) Sessions

To know the truth, find the center inside you.

Marlborough Yoga • 19-A Maple Street • Marlborough, MA 01752
www.marlboroughyoga.com

Caroline's Winter Svaroopa® Yoga

- Sunday ~** *Beginner/Continuing*
5:30-7:00 pm
Jan 8, 15, 22, 29, Feb 5, 12, 19, 26; **8 classes, \$136**
- Tuesday ~** *Beginner/Continuing*
7:30-8:45 am ~ **9 classes, \$126**
5:30-7:00 pm ~ **9 classes, \$153**
Jan 3, 10, 17, 24, 31, Feb 7, 14, 21, 28
- Wednesday ~** *Beginner/Continuing*
9:30-11:00 am
7:15-8:45 pm
Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, 29; **9 classes, \$153**
- Thursday ~** *Beginner/Continuing*
9:30-11:00 am
Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1; **9 classes, \$153**
- Friday ~** *Experienced*
12:00-1:45 pm (*requires instructors permission*)
Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2;
9 classes, \$180

“Free Fridays” with Caroline

Friday evenings 6:30 – 8:00 pm January 13th Free

A great introduction to yoga, or as an extra class, free Fridays are open to both new and continuing students. Bring a friend or family member along! Please pre-register.

Caroline Kutil

Caroline Kutil began her yoga practice in 1970 at Indiana University. She has been a long-time student of meditation and yoga and became a yoga teacher in 1975. She has three yoga teacher certifications, most recently in *Svaroopa®* Yoga in 1998, and is also an *Embodiment®* Yoga Therapist. Caroline taught at Earthsong Yoga in Marlborough from 1996-2008 before opening her own studio with Sandy Courtney. She also teaches extensively in the Metrowest area.

About Svaroopa® Yoga

Svaroopa® Yoga is a powerful transformative practice that produces profound changes in the body by decompressing areas of habitual tension and holding, especially in the low back. It facilitates flexibility by releasing the body into support rather than by exertion. Poses are held with emphasis on skeletal alignment, awareness and breathing. This inward focused, meditative approach to yoga uses props to bring you into deep angles that open the body at its core.

Embodiment® Yoga Therapy

Embodiment® yoga therapy is a hands-on healing modality that facilitates the body's own power to heal and revitalize from within itself. It is an adjunct to *Svaroopa®* Yoga and was developed by Swami Nirmalananda Saraswati, formerly Rama Berch, the Founder of *Svaroopa®* Yoga.

While lying in a comfortably supportive position (Shavasana), the therapist gently encourages the release of deeply held tensions, facilitating a core opening that allows energy to flow unimpeded throughout the body's systems.

Clients of this therapy report feeling deeply relaxed, more centered and aware after only one session, effects similar to deep massage or energy healing therapies. Treatments are \$75 for each hour and by appointment only.

Vichara (Self-Inquiry) Sessions

Uncover the deeper structures of your mind and belief systems through a set of questions skillfully offered during these 1 hour sessions. Experience a clearer understanding of your own thinking process, and a greater knowing of your own Self.

***Give yourself or a loved one the
gift of deep renewal and serenity.***