

Springdale Yoga & Meditation Center

MAITREYI MARGIE WILSMAN AND
JUDY DETTWILER

Celebrating 10 Years as the only exclusive Svaroopa Yoga studio in Wisconsin. Svaroopa Yoga opens the body (roopa) to reveal the Self (sva). Create core openings by releasing the tensions in the body's deepest layers, without sweat or strain because Svaroopa Yoga is not exercise. Dissolving these tensions cultivates ease. Certified teachers offer a combined 21 years of Svaroopa Yoga teaching experience. Also offering full-spectrum, Embodiment, yoga therapy for scoliosis, general yoga therapy and a basic meditation course.



Location: 2674 Allen Drive, Verona (between Verona and Mt. Horeb off CR PD). For more information call 608-215-7218 or 608-437-5082 or visit SpringdaleYoga.com.

Springdale Yoga & Meditation Center is celebrating 10 Years as the only exclusive **Svaroopa® Yoga** studio in Wisconsin.

Svaroopa® Yoga specializes in opening your body (roopa) to find your Self (sva). The practices create core openings by releasing the tensions in the deepest layers of your body. Dissolving these tensions allows you to live with ease. This happens without sweat or strain because Svaroopa® Yoga is not exercise.

Both instructors are certified Svaroopa® Yoga

teachers at the 750-hour level with a combined 21 years of Svaroopa® Yoga teaching experience. We offer full-spectrum yoga, including Embodiment®, yoga therapy for scoliosis, general yoga therapy and a basic meditation course. See website for course and workshop listings.



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Springdale Yoga & Meditation Center LLC
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