

# Join Susie Roy for a Transformative Weekend



## of Yoga, Mindfulness, and Inspiration

SSUSIE ROY - 78-YEAR-OLD YOGINI  
OVER 25 YEARS OF TEACHING EXPERIENCE

SUSIE ROY BEGAN HER YOGA JOURNEY AT THE INTERNATIONAL SIVANANDA YOGA SCHOOL IN KERALA, INDIA, COMPLETING BOTH BASIC AND ADVANCED TEACHER TRAINING. SINCE 1998, SHE HAS LEARNED FROM RENOWNED YOGA TEACHERS AND SPIRITUAL MASTERS IN INDIA, THE USA, AND SOUTH AFRICA AND HAS EXTENSIVE EXPERIENCE TEACHING CLASSES, WORKSHOPS, RETREATS, AND TEACHER TRAINING PROGRAMS. SHE IS A VISITING FACULTY MEMBER AT THE SOIL INSTITUTE OF MANAGEMENT IN GURGAON, INDIA, WHERE SHE HAS TAUGHT AN INTRODUCTORY COURSE IN "WELLNESS THROUGH ASANA, PRANAYAMA, MEDITATION AND BASIC AYURVAYDA FOR THE LAST 16 YEARS  
SUSIE HOLDS A BSC. (HONS.) IN DIETETICS FROM THE UNIVERSITY OF STELLENBOSCH AND GRADUATE DIPLOMA FROM UNIVERSITY OF IOWA, IOWA USA

### WEEKEND SEMINAR: YOGA, VEDANTA, AND MINDFULNESS

DATES: 28-29 SEPTEMBER 2024

#### TIMINGS:

- SATURDAY: 3:00 PM - 6:30 PM
- SUNDAY: 9:00 AM - 1:00 PM

#### PRICE:

- FULL WEEKEND: 110€
- SATURDAY ONLY: 65€
- SUNDAY ONLY: 65€



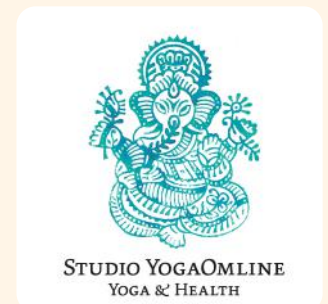
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**studioyogaonline.com**



Für Yogalehrer, Yoga-  
Erfahrene und auch für  
Anfänger geeignet.

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## DAY 1: SATURDAY - 3:00 PM TO 6:30 PM

3:00 PM - 3:30 PM: WELCOME AND INTRODUCTION

- OVERVIEW OF THE WEEKEND AND INTENTION SETTING

3:30 PM - 5:00 PM: YOGA PRACTICE

- GUIDED ASANA WITH A FOCUS ON ALIGNMENT, BREATH, AND MINDFULNESS

5:00 PM - 5:15 PM: BREAK

5:15 PM - 6:15 PM: INTRODUCTION TO VEDANTA

- BASICS OF VEDANTA PHILOSOPHY AND ITS CONNECTION TO YOGA

6:15 PM - 6:30 PM: GUIDED MEDITATION

- MINDFULNESS MEDITATION AND Q&A

## DAY 2: SUNDAY - 9:00 AM TO 1:00 PM

9:00 AM - 9:30 AM: MORNING MEDITATION AND PRANAYAMA

- BREATHING EXERCISES AND MORNING MEDITATION

9:30 AM - 11:00 AM: ADVANCED YOGA PRACTICE

- DEEPENING ASANA PRACTICE AND YOGA NIDRA

11:00 AM - 11:15 AM: BREAK

11:15 AM - 12:15 PM: VEDANTA AND MINDFULNESS WORKSHOP

- EXPLORING VEDANTA TEACHINGS AND MINDFULNESS TECHNIQUES

12:15 PM - 1:00 PM: CLOSING SESSION

- FINAL MEDITATION, RECAP, AND Q&A

## BOOKING INFORMATION:

- FULL WEEKEND: INCLUDES ALL SESSIONS.
- SATURDAY ONLY: FOCUS ON YOGA AND INTRODUCTION TO VEDANTA.
- SUNDAY ONLY: ADVANCED YOGA AND DEEPER VEDANTA EXPLORATION.

\*Umsatzsteuerfreie Leistung nach § 4 Nr.21 a)bb) UstG.



STUDIO YOGAONLINE  
YOGA & HEALTH

[studioyogaonline.com](http://studioyogaonline.com)

\*Für Yogalehrer, Yoga-Erfahrene und auch für Anfänger geeignet.