



# Meditation Made Easy

with **Vidyadevi Stillman CSYT, RYT-500**  
a **Master Yoga Extension Program**

**October 9 & 10, 2010**

**9 am - 6 pm (both days)**

Whether you are new to meditation or an experienced meditator, this weekend program will help you to develop your ability to dive deep into meditation. Get answers to every question and benefit from personal attention that will help you with your meditation. Get customized instructions to guide you into each meditation, based on the experiences and challenges you and the group have been having. Learn even more in the discussion that follows each meditation period. You will take home a meditation technique that reliably works for you, one that will lead you to discover inner realms you had only hoped were there.



**Vidyadevi Stillman CSYT, RYT 500, E-RYT 500**

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.

**\$235 by Aug. 9th / \$255 by Sept. 9th / \$285 thereafter**

**Refund policy:** Full refund (less \$25.00 processing fee) until three weeks before course begins. During the second and third week before the course begins: 50% refund. No refund if canceled during the week immediately preceding this event.

Contact Judy Fuller • 530-274-2635 • [judful@suddenlink.net](mailto:judful@suddenlink.net)

**wild mountain**  
**YOGA CENTER**

574 Searls Ave.  
Nevada City, CA 95959

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

© 2010, S.T.C., Inc, All Rights Reserved. *SVAROOPA*®, *EMBODIMENT*®, *YOGABODY*® and *AMAYA*® are registered service marks of S.T.C., Inc and are used by permission.