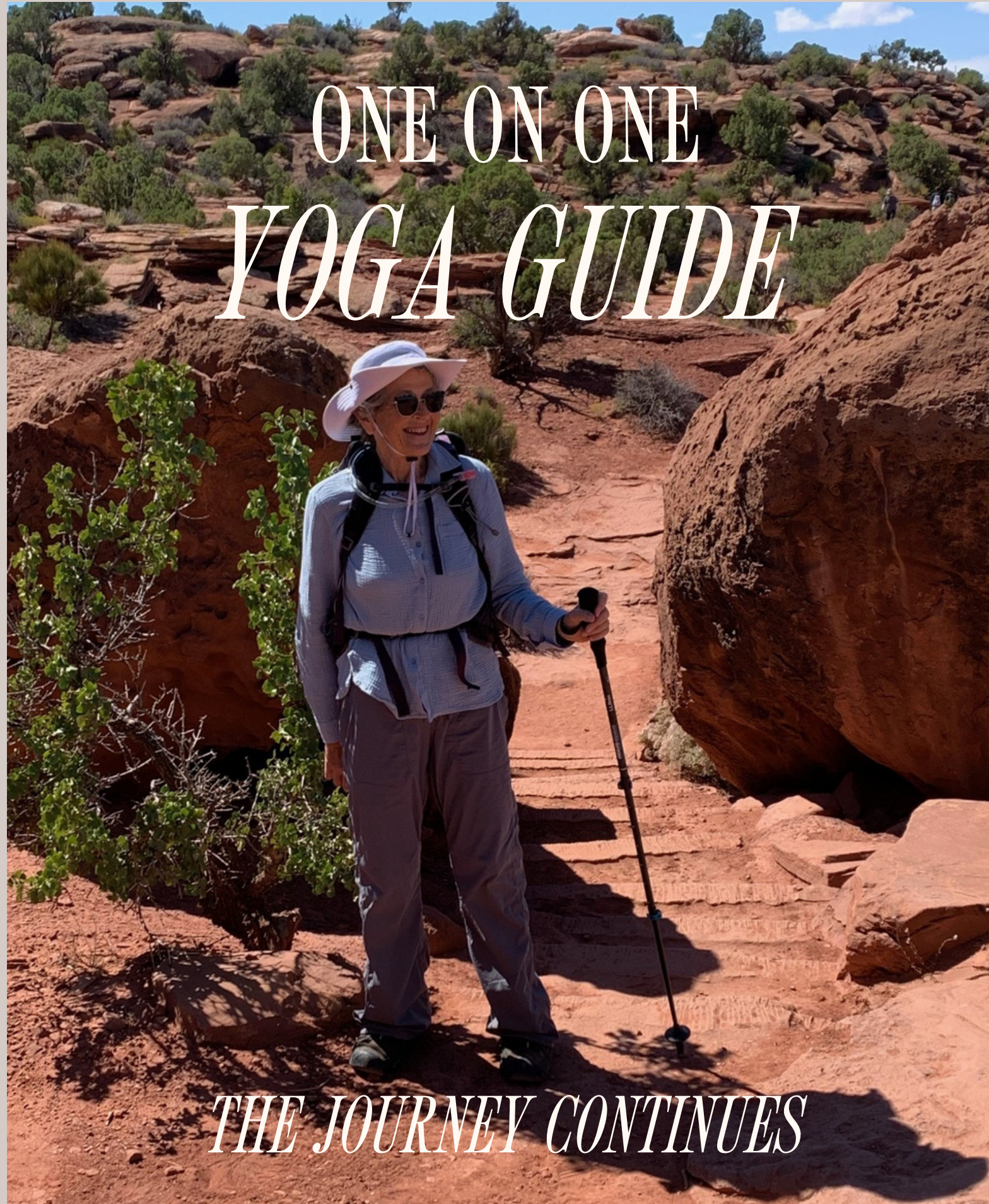


Swami  
ATMARUPA

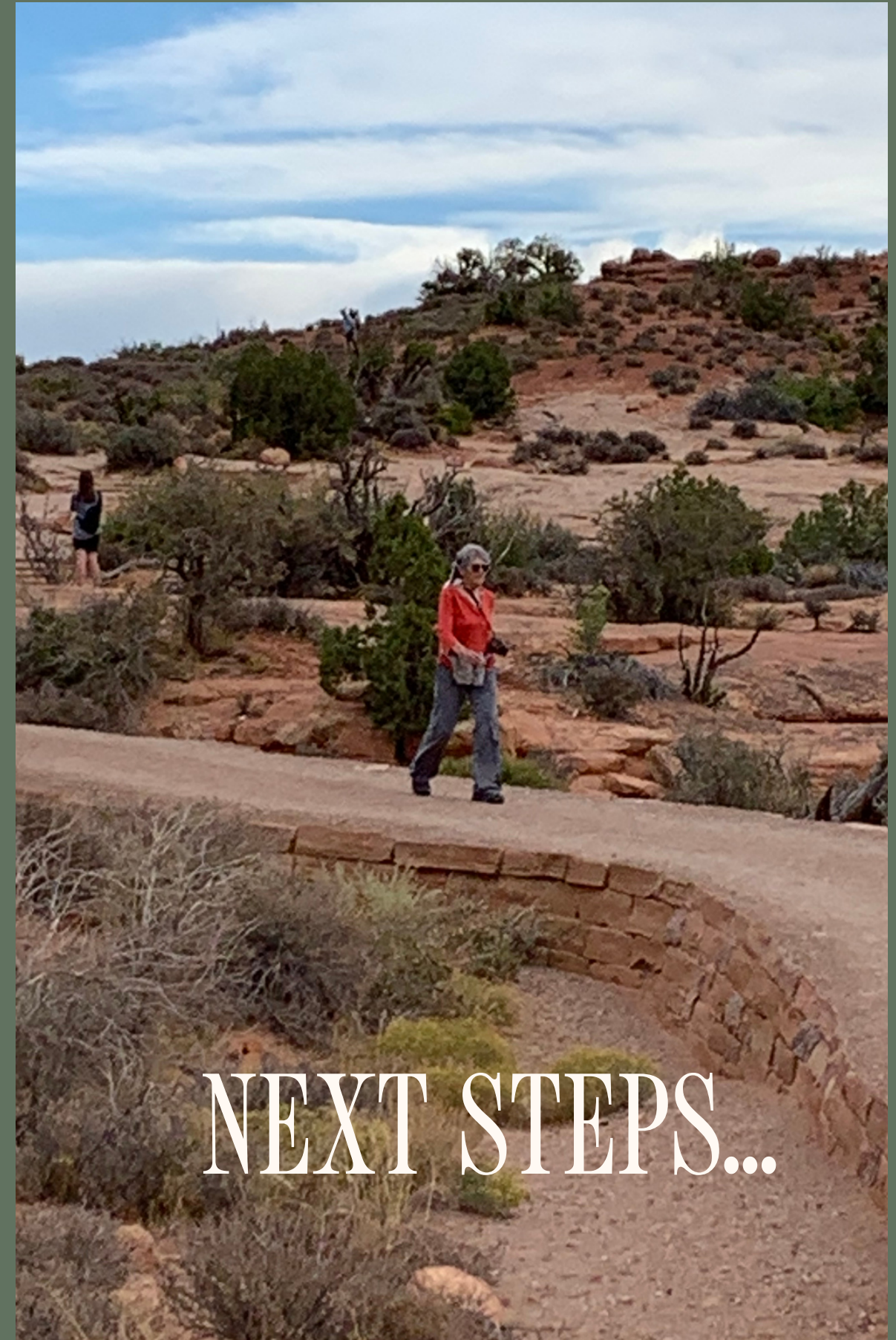


ONE ON ONE  
*YOGA GUIDE*

*THE JOURNEY CONTINUES*

Swami  
ATMARUPA

A personal invitation to explore more deeply.



# HOW WE GO DEEPER

*01*

## ***ASSESSMENT OF PROGRESS TO DATE***

Working together, we will fully assess and delineate your strengths, weaknesses, ambitions and needs.

*02*

## ***EVALUATE GOALS AND OUTLINE STEPS***

Setting goals and continuing to evaluate the steps needed to realize those goals is an integral part of life as a yogi.



*03*

## ***RECEIVE SUPPORT AND FEEDBACK***

Questions answered, along with honest feedback, will be given in a timely fashion as often as you need.

*04*

## ***CREATE INNER ACCOUNTABILITY***

Lasting change comes from the inner work you will do and learn to integrate fully into your daily life

# WHAT STUDENTS HAVE EXPERIENCED



“When I started this journey I didn’t know just how many things were going to come unglued at the same time. I deeply appreciate Atma’s thoughtful, personalized, and practical guidance. While not everything is sorted, I feel that I am building on a much stronger foundation. The practices are letting in the light, chipping away at contraction and bringing forth more creative ease. I love our conversations where we can go deep and acknowledge what is absurd or serious in the world and still laugh. With gratitude!”



“The support received from Swami has been invaluable to my life and practice in many ways, particularly these three: 1) Swami’s intuitive ability to gently guide me with life situations as well as my yoga practice 2) Recommendations/guidance for my teaching practice as a new yoga teacher 3) Resources. The website with recordings of meditations and pranayama have helped me to have a better life and become a knowledgeable teacher.”





“DRIPPING WATER  
HOLLOWS OUT STONE  
NOT THROUGH FORCE  
BUT THROUGH  
PERSISTENCE.”

*Ovid, Roman Poet*

**EXTEND  
EXPLORE  
EVOLVE**



## 1:1 YOGA GUIDANCE

- + 6 PERSONALIZED MONTHS
- + 6 NINETY MINUTE SESSIONS
- + AUDIO RECORDINGS OF ALL SESSIONS
- + EMAILED SUMMARY AFTER EACH SESSION
- + ACCESS TO 4 & 6 MO MEMBERSHIP SITES
- + ONGOING EMAIL & MESSAGING SUPPORT

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