

# POWER OF LOVE

50-hour Training

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An immersion into the  
practice of Bhakti Yoga

with

Matthew Dwyer

FALL 2019

POWER OF LOVE

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**Location:**

Good Vibes Yoga & Kombucha Bar  
237 Franklin Avenue  
Nutley, NJ 07110

**Tuition:**

Early Bird: \$750 by Sep. 30th  
Regular Rate: \$800  
Payment Plan Option:  
\$200 deposit by Oct. 5th  
\$400 by Oct. 25th  
Final balance by Nov. 15th

**Dates:**

October	November
4th 8-10pm	1st 8-10pm
5th 2-7pm	2nd 2-7pm
12th 2-7pm	9th ONLINE SESSION
18th 8-10pm	16th 2-7pm
19th 2-7pm	
26th ONLINE SESSION	

For more info, email [matthewvdwyer@gmail.com](mailto:matthewvdwyer@gmail.com)  
or [info@goodvibesyogabar.com](mailto:info@goodvibesyogabar.com)

*This training can be used for CE credits &  
applied toward a 300-hour Power of Love  
training with Adriana Rizzolo*



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**What is Bhakti Yoga?**

The path of Bhakti Yoga is the yoga of love and devotion. It's the yoga of relationship with Spirit, with God, and with one's self.

**Who is this training for?**

This 50-hour immersion is designed for both students and teachers who want to deepen their spiritual practice.

**What will we be doing?**

We'll explore the path of Bhakti Yoga, the yoga of love, by deepening our relationship to the big LOVE. We'll use voice and body to loosen the bondage that can grip our hearts so we can learn to live in a way that brings us fully into our lives. These practices help unlock our unique gifts as an offering to humanity. Healing happens when we share our stories and our voices. When we live fully, we open up to dying with the same freedom. Expect to use your body, voice, and heart in this interactive, heart-expansive training.

**Topics we'll explore:**

Physical and restorative asana practices; Svadyaya (self study); Namasankirtana (singing the names together); Seva (service); Satsung (community); death and rebirth; various Living Meditation techniques

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