

Join us for Svaroopā[®] Yoga!

with Swami Prajñānanda | Apr 27 2024



Swami Prajñānanda



By enrolling in Foundations of Svaroopā[®] Yoga, Prajñānanda took the first step into Teacher Training. One year later, she left her job as a schoolteacher to study, work and live with her Guru full time. In 2019, she took sannyas initiation from Gurudevī Nirmalananda in Ganeshpuri India. She now serves as both a Svaroopā[®] Yoga Teacher Trainer and a Teachings Assistant Manager at Svaroopā[®] Vidya Ashram.

Half Day Program

Saturday April 27 2024 | 1:00 - 5:00 pm

Three hours of yoga poses plus an hour of chanting and meditation. Body, mind, heart and deeper — the bliss of consciousness is guaranteed. Anyone can attend; it's all user-friendly while being deeply effective and profoundly nourishing. Meditation instruction is included, along with personal attention in your poses for maximum benefits. How much can you get in a short time? You'll be amazed!

Location: The Little Theater at Woodstock Recreation Center
54 River Street, Woodstock VT

Host: Ruth (Rama) Brooke, Central Street Yoga & Meditation
rb.csym@gmail.com

Tuition: Early Rate: \$111.00 (by 4/20), Standard Rate: \$121.00
Tuition includes 1 free online Swami Sunday (\$20 value)
Need-based scholarships available. Contact your host.

Register: <https://svaroopā.org/half-day-program-240427-woodstock-vt>

Plus a FREE program!



FREE Intro to Meditation

Saturday April 27 2024 | 9:00 - 10:30 am

Discover an easy pathway to deep meditation in just 90 minutes. Named Svaroopā[®] Vidya, this meditation methodology is based in yoga's ancient teachings coming from the Himalayan sages. Learn about the goal and purpose of meditation as well as the how-to basics. Get your questions answered and go home ready to add meditation to your lifestyle.

Location: Artistree Community Center
2095 Pomfret Rd, South Pomfret VT

Host: Ruth (Rama) Brooke, Central Street Yoga & Meditation
rb.csym@gmail.com

Register: rb.csym@gmail.com



Svaroopā[®] Vidya Ashram