

Join us for Svaroopā[®] Yoga!

with Swami Shrutananda | Apr 12-13, 2024



Swami Shrutananda



As a swami, she is a yoga monk, serving the Ashram as a Teacher Trainer as well as in teaching yoga and meditation classes. She has studied and taught with Gurudevi for over 27 years. She says, "I love to share the mystical teachings of yoga with others who wish to delve deeper."

Half Day Program

Saturday April 13 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: Soraya (Sudevi) Pereira home studio
3519 Copley Ave., San Diego CA

Host: Soraya (Sudevi) Pereira, soraya1@cox.net

Tuition: Early Rate: \$111.00 (by 4/6), Standard Rate: \$121.00
Tuition includes 1 free online Swami Sunday (\$20 value)
Need-based scholarships available. Contact your host.

Register: <https://svaroopaa.org/hdp-san-diego-240413>

Plus a **FREE** program!



FREE Yoga Pain Clinic

Friday April 12 2024 | 6:00 - 8:00 pm

Svaroopā[®] yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance.

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Register: <https://svaroopaa.org/pain-clinic-240412-san-diego>



Svaroopā[®] Vidya Ashram