

# Join us for Svaroopaa<sup>®</sup> Yoga!

with Swami Satrupananda | June 8, 2024

## Half Day Program

Saturday June 8 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:** Dharma Yoga Studio | The Hayloft, Bartlett's Farm  
33 Bartlett Farm Road, Nantucket MA

**Host:** Sandy (Mukti) Carter

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

**Register:** <https://svaroopaa.org/half-day-program-240608-nantucket>



### Swami Satrupananda



She is both a Svaroopaa<sup>®</sup> yoga teacher and meditation teacher. As a swami, a yoga monk, she serves the Ashram both in management as well as being a teacher. She says, "I want to serve everyone with whom I come into contact, that each might know their own Self."

Plus a FREE program!

## FREE Yoga for Pain Relief

Saturday June 8 2024 | 9:00 - 10:30 am

Bring your aches and pains with you to this intro to Svaroopaa<sup>®</sup> yoga. We'll ask what you need help with. You'll try out a few easy yoga poses along with the whole group, which are specifically selected to address the pains everyone brought with them. No previous yoga experience is required.

**Location:** Dharma Yoga Studio | The Hayloft, Bartlett's Farm  
33 Bartlett Farm Road, Nantucket MA

**Host:** Sandy (Mukti) Carter

**Register:** <https://svaroopaa.org/yoga-pain-relief-240608-nantucket>



Svaroopaa<sup>®</sup> Vidya Ashram