

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

with Swami Prajñānanda | Sept 21 2024



## Swami Prajñānanda



By enrolling in Foundations of Svaroopā<sup>®</sup> 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 Gurudevi Nirmalananda in Ganeshpuri India. She now serves as both a Svaroopā<sup>®</sup> Yoga Teacher Trainer and a Teachings Assistant Manager at Svaroopā<sup>®</sup> Vidya Ashram.

## Half Day Program

**Saturday September 21 2024** | 9:00 am - 1:00 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 Centered Place  
286 Bridge Street, Warren MA

**Host:** Phil (Krishna) Milgrom, [phil@thecenteredplace.com](mailto:phil@thecenteredplace.com)

**Tuition:** Early Rate: \$111.00 (by 9/14), 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-240921-warren-ma>

Plus a FREE program!

## FREE Meditation Satsang

**Saturday September 21 2024** | 3:30 - 5:00 pm

Experience deep meditation made easily accessible by one who has devoted her life to spirituality. Swami Prajñānanda's satsang program includes a discourse as well as group chanting and meditation. Allow her to show you the truth of the highest teachings, as she guides you to the experience of your own Divine Essence.

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**Register:** <https://svaroopaa.org/meditation-satsang-240921-warren-ma>



Svaroopā<sup>®</sup> Vidya Ashram