

Join us for Svaroopa® Yoga!

with Swami Samvidaananda | April 6, 2024

Half Day Program

Saturday April 6, 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: Roots & Wings Yoga and Healing Arts
317 North Main Street, Natick MA

Host: Nirooshitha Sethuram a Yogaratna in the Svaroopa® Yoga Tradition & Greater New England Geo Center,
nirooshi@yahoo.com

Tuition: Early Rate: \$111.00 (by 2/17), Standard Rate: \$121.00

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

Register: <https://svaroopa.org/hdp-natick>



Swami Samvidaananda



She has been teaching Svaroopa® yoga and meditation for over 20 years. After she raised her three children, she became a swami, a yoga monk. She says, "Now that I am a swami, I do what I've always done. The difference is that I'm doing it from a greater depth."

Plus a FREE program!



FREE Yoga for Stress Relief

Saturday April 6 2024 | 3:00 - 4:30 pm

Discover how easy it is to reduce your stress with Svaroopa® yoga, a user-friendly, slower-paced yoga practice. Every pose is customized to your individual needs, making this both accessible and beneficial.

Location: Roots & Wings Yoga and Healing Arts
317 North Main Street, Natick MA

Host: Nirooshitha Sethuram a Yogaratna in the Svaroopa® Yoga Tradition & Greater New England Geo Center, nirooshi@yahoo.com

Register: svaroopa.org/stress-relief-natick



Svaroopa® Vidya Ashram