

Half Day Program

with **Swami Satrupananda**

Saturday October 7 2023

1:30 – 5:30 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 this Half Day Program; 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!

Swami Satrupananda



She is both a *Svaroopa*® 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."



Location:

Rehoboth Beach Yoga
20245 Bay Vista Rd Ste 101
Rehoboth Beach DE

Hosts:

Kelly (Kushala) Sharp
kelly@rehobothbeachyoga.com

Chelsea (Rajñi) King
rajniking70@gmail.com

Tuition:

Early Rate: \$91.00 (by 9/30)
Standard Rate: \$101.00

Register here:

svaroop.org/hdp-rehoboth

