

# Join us for Svaroopa® Yoga!

with Swami Samvidaananda | November 3-4, 2023



## 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."

## Meditation Day

**Saturday November 4 2023 | 9:00 am – 3:00 pm**

No experience required, everyone can meditate. Experienced meditators will discover deeper dimensions within while new meditators experience how easy and powerful meditation can be.

Meditation uncovers who you really are, at the deepest innermost level. This is easy with the shortcuts our tradition provides, the support and blessings of those who have already done this inner work.

**Location:** Unity of Richmond Church, 800 Blanton Ave, Richmond

**Host:** Barbara (Girijananda) Hess, [www.fullcupyoga.com](http://www.fullcupyoga.com), [easeintomeditation@gmail.com](mailto:easeintomeditation@gmail.com)

**Tuition:** Early Rate: \$161.00 (by 10/28), Standard Rate: \$181.00

**Register:** [svaroopa.org/meditation-day-richmond](http://svaroopa.org/meditation-day-richmond)

Plus a **FREE** program!



## Free Yoga for Stress Relief

**Friday November 3 2023 | 6:00 – 7:30 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.

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Svaroopa® Vidya Ashram