

Join us for Svaroopa® Yoga!

with Swami Prajñananda | July 26-27, 2024



Half Day Program

Saturday July 27, 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: The Nest Collaborative
629 Court Street, West Reading PA**

Host: Sarita-Linda Rocco, saritalindarocco@gmail.com

Tuition: Early Rate: \$111.00 (by 7/21), Standard Rate: \$121.00

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

Register: <https://svaroopa.org/half-day-program-240727-reading-pa>

Swami Prajñananda



By enrolling in Foundations of Svaroopa® Yoga, Prajñananda 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 Svaroopa® Yoga Teacher Trainer and a Teachings Assistant Manager at Svaroopa® Vidya Ashram.

Plus a FREE program!



FREE Yoga for Stress Relief

Friday July 26, 2024 | 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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Host: Sarita-Linda Rocco, saritalindarocco@gmail.com

Register: <https://svaroopa.org/free-yoga-for-stress-relief-240726-reading-pa>



Svaroopa® Vidya Ashram