

# Half Day Program

with **Swami Satrupananda**

**Saturday September 20 2025**

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 *Svaroopā*® 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 &  
Chelsea (Rajñi) King  
[kelly@rehobothbeachyoga.com](mailto:kelly@rehobothbeachyoga.com),  
[rajniking70@gmail.com](mailto:rajniking70@gmail.com)

## Tuition:

Early Rate: \$111.00 (by 9/13)

Standard Rate: \$121.00

*\*Includes 1 free Swami Sunday (\$20 value)*

Need-based scholarships available.  
Contact your host to apply.

## Register here:

<https://svaroopā.org/hdp-de-250920>

