

Join us for Svaroopaa® Yoga!

with Swami Samvidaananda | October 22-23 2021

Students and hosts attending in-person hosted programs must be fully vaccinated.



Swami Samvidaananda CSYT



Swami Samvidaananda brings her heart to everything she does, offering these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these yogic and meditative tools and to experience your own Divine Essence.

Half Day Program

Saturday October 23 2021 | 8:30 am - 12:30 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; 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 Unity of Richmond, 800 Blanton Avenue, Richmond, VA

HOSTS Lisha Reynolds and Girijananda (Barbara) Hess
Richmond GeoCenter

TUITION Early Rate: \$91.00 USD (on or before Oct 21 2021)
Standard Rate: \$101.00 USD

REGISTER <https://svaroopaa.org/hdp-richmond-211023>

Plus two **FREE** programs!

Free Meditation Satsang

Friday October 22 2021 | 7:00 - 8:30 pm

Swami Samvidaananda's satsang program includes a discourse as well as group chanting and meditation. If you are new to this approach, she makes it easy for you. Her programs are always wonderfully deep, supportive and life changing.

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REGISTER <https://svaroopaa.org/meditation-satsang-richmond-211022>

Free Yoga for Pain Relief

Saturday October 23 2021 | 2:00 - 3:30 pm

Bring your aches and pains with you to this onsite intro to Svaroopaa® yoga. We'll ask what you need help with. Then we'll help you with it. In addition, we'll explain how this style of yoga works, compared to medicine.

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REGISTER <https://svaroopaa.org/yoga-for-pain-relief-richmond-211023>



Svaroopaa® Vidya Ashram