

# Join us for Svaroopaa® Yoga!

with Swami Shrutananda | June 2-3, 2023



## Swami Shrutananda



As a swami, she is a yoga monk, serving the Ashram as a Teacher Trainer as well as in teaching yoga and meditation classes. She has studied and taught with Gurudevi for over 27 years. She says, "I love to share the mystical teachings of yoga with others who wish to delve deeper."

## Half Day Program

Saturday June 3 2023 | 9:00 am - 1:00 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:** Zenspot Institute, 1111 S Orchard St, Boise ID

**Host:** Carolyn (Karuna) Beaver, [clbeaver@gmail.com](mailto:clbeaver@gmail.com)

**Tuition:** Early Rate: \$91.00 (by 5/27), Standard Rate: \$101.00

**Register:** [svaroopaa.org/half-day-program-boise-id-230603](https://svaroopaa.org/half-day-program-boise-id-230603)

Plus a FREE program!



## Free Yoga Pain Clinic

Friday June 2 2023 | 6:00 - 8:00 pm

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopaa® yoga can reduce and eliminate pain – come and see how.

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Svaroopaa® Vidya Ashram