

## WEEKEND WORKSHOP

# Gateway of Your Heart

with Swami Shrutananda

**June 10-11, 2023**

Saturday: 8:30am - 4:30pm

Sunday: 9:00am - 5:00pm

The core opening of *Svaroopā*® yoga provides a pathway to deep inner experiences that take you to your heart, through your heart and beyond.

Using poses, guided contemplations, chanting and meditation, you will experience both yoga's physical changes and a subtle inner softening. These occur simultaneously, while you absorb the teachings of the ancients to provide a deep and enriching experience.

### 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."



### Location:

65 Pennsylvania Ave  
Binghamton, NY

### Host:

Lynda Durst-Schmidt  
[LDSyoga2@gmail.com](mailto:LDSyoga2@gmail.com)

### Tuition:

Early Rate: \$265.00 (by 6/3)  
Standard Rate: \$325.00

### Register here:

[svaroopaa.org/gateway-of-your-heart](https://svaroopaa.org/gateway-of-your-heart)



*Svaroopā*® Vidya Ashram