

# Join us for Svaroopā<sup>®</sup> Yoga!

with Swami Shrutananda | September 8-9, 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 September 9 2023 | 1:00 pm - 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:** 3519 Copley Ave., San Diego, CA

**Host:** Inner Bliss Yoga Teachers, San Diego, [ibytst@gmail.com](mailto:ibytst@gmail.com)

**Tuition:** Early Rate: \$91.00 (by 9/2), Standard Rate: \$101.00

**Register:** [svaroopaa.org/half-day-program-san-diego-ca-230909](https://svaroopaa.org/half-day-program-san-diego-ca-230909)

Plus a **FREE** program!



## Free Yoga Pain Relief

Friday September 8 2023 | 6:00 - 7:30 pm

Bring your aches and pains with you to this onsite intro to Svaroopā<sup>®</sup> 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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Svaroopā<sup>®</sup> Vidya Ashram