

FREE PROGRAM

Intro to Meditation

with Swami Satrupananda

Friday October 6 2023

7:00 – 8:30 pm

Discover an easy pathway to deep meditation in just 90 minutes. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yogis specialize in. Named *Svaroopā*® Vidya, this meditation methodology is based in yoga's ancient teachings coming from the Himalayan sages.

Learn about the goal and purpose of meditation as well as the how-to basics. Get your questions answered and go home ready to add meditation to your lifestyle.

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

Register with the Host:

Kushala (Kelly) Sharp
kelly@rehobothbeachyoga.com
rehobothbeachyoga.com

For more information:

svaroopaa.org/meditate-rehoboth



Svaroopā Vidya Ashram