

**FREE PROGRAM**

# *Intro to Meditation*

*with Swami Satrupananda*

**Saturday October 7 2023**

**9:30 – 11:00 am**

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:**

Turning Point Yoga & Meditation  
108 Bangor Ln  
Milton DE

### **Register with the Host:**

Chelsea (Rajñi) King  
[rajniking70@gmail.com](mailto:rajniking70@gmail.com)  
[turningpointde.com](http://turningpointde.com)

### **For more information:**

[svaroopā.org/meditate-milton](http://svaroopā.org/meditate-milton)

