

# Half Day Program

with Swami Shrutananda

**Sunday October 15 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!

## 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:

Time For You Yoga  
2155 Diamond Hill Road  
Cumberland RI

## Host:

Maria Sichel  
[sichel.maria@gmail.com](mailto:sichel.maria@gmail.com)

## Tuition:

Early Rate: \$91.00 (by 10/8)  
Standard Rate: \$101.00

## Register here:

[svaroopaa.org/half-day-program-cumberland](https://svaroopaa.org/half-day-program-cumberland)



*Svaroopaa® Vidya Ashram*