

Join us for Svaroopa® Yoga!

with Swami Satrupananda | October 28 2023



Swami Satrupananda



She is both a Svaroopa® 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."

Half Day Program

Saturday October 28 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!

Location: Roots & Wings Healing Arts, 317 North Main St, Natick

Host: Margot Garritt, mbgarritt@yahoo.com

Tuition: Early Rate: \$91.00 (by 10/21), Standard Rate: \$101.00

Register: svaroopa.org/hdp-natick-ma

Plus a FREE program!



Free Intro to Meditation

Saturday October 28 2023 | 3:00 - 4:30 pm

Discover an easy pathway to deep meditation in just one hour. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yogis specialize in.

Location: Roots & Wings Healing Arts, 317 North Main St, Natick

Host: Margot Garritt, mbgarritt@yahoo.com

Register: svaroopa.org/meditation-natick-ma



Svaroopa® Vidya Ashram