

Join us for Svaroopā[®] Yoga!

with Swami Shrutananda | Feb 24, 2024



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 February 24 2024 | 1:30 - 5:30 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: The Farmhouse Community Center, 5240 South Surprise Way, Boise ID

Host: Marlene (Matrikaa) Gast, matrikaagast@gmail.com

Tuition: Early Rate: \$91.00 (by 2/17), Standard Rate: \$101.00

Register: <https://svaroopaa.org/half-day-program-boise-id-240224>

Plus a FREE program!



FREE Intro to Svaroopā[®] Yoga Therapy

Saturday February 24 2024 | 10:00 - 11:30 am

Unlock your innate healing potential through Svaroopā[®] Yoga Therapy. This free intro shows you what private sessions can do for you. Bring your aches and pains with you. You can tell if this will help, and you'll know how to follow up for yourself.

Location: The Farmhouse Community Center, 5240 South Surprise Way, Boise ID

Host: Marlene (Matrikaa) Gast, matrikaagast@gmail.com

Register: <https://svaroopaa.org/intro-yoga-therapy-boise-id-240224>



Svaroopā[®] Vidya Ashram