

Half Day Program

with Swami Satrupananda

Saturday April 13 2024

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 this Half Day Program; 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 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:

Sea Glass Yoga & Wellness Center
803 Flanders Road Henniker,
NH 03242

Hosts:

Susan (Sattva) Daniel
coachsue@seaglassyoga.com

Tuition:

Early Rate: \$111.00 (by 4/6)

Standard Rate: \$121.00

**Includes 1 free Swami Sunday (\$20 value)*

Need-based scholarships available.
Contact your host to apply.

Register here:

<https://svaroopā.org/half-day-program-240413-henniker>



Svaroopā® Vidya Ashram