

Join us for Svaroopā[®] Yoga!

with Swami Shrutananda | May 31 - June 1 2024

Full Day Program

Saturday June 1 2024 | 9:00 am - 4:00 pm

Stop the world, just for a day. Give yourself a yoga-day; think of it as an adult time-out. You'll feel better than you can currently imagine, which you naturally share with everyone around you. They appreciate when you find the inside yoga-bliss. Most importantly, you are the one delving into the bliss of consciousness within, which changes everything for you. Amazing how one day can bend your life in the direction you really want to go.

Location: Bonavista Downs Community Center
1418 Lake Ontario Rd SE, Calgary AB, Canada

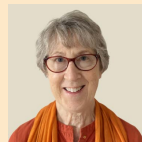
Host: Heather Wong Ken & Frances (Jñani) Amery
heatherwongken@yahoo.com

Tuition: Early Rate: \$151.00 (by 5/25), Standard Rate: \$171.00
Tuition includes 1 free online Swami Sunday (\$20 value)
Need-based scholarships available. Contact your host.

Register: <https://svaroopā.org/full-day-program-240601-calgary>



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."

Plus a **FREE** program!

FREE Meditation Satsang

Friday May 31 2024 | 7:00 - 8:30 pm

Experience deep meditation made easily accessible by one who has devoted her life to spirituality. Swami Shrutananda's satsang program includes a discourse as well as group chanting and meditation. Allow her to show you the truth of the highest teachings, as she guides you to the experience of your own Divine Essence.

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