

Half Day Program

with Swami Shrutananda

Saturday July 27 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 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 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:

Rehoboth Beach Yoga
20245 Bay Vista Rd Ste 101,
Rehoboth Beach DE

Hosts:

Kelly (Kushala) Sharp &
Karen Brennan

kelly@rehobothbeachyoga.com

Tuition:

Early Rate: \$111.00 (by 7/20)

Standard Rate: \$121.00

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

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

Register here:

<https://svaroopa.org/half-day-program-240727-rehoboth-beach>

