

Half Day Program

with Swami Satrupananda

Saturday October 5 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 Satrupananda



She is both a *Svaroopaa*® 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:

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

Hosts:

Kelly (Kushala) Sharp &
Chelsea (Rajñi) King
kelly@rehobothbeachyoga.com,
rajniking70@gmail.com

Tuition:

Early Rate: \$111.00 (by 9/28)

Standard Rate: \$121.00

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

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

Register here:

<https://svaroopaa.org/half-day-program-241005-rehoboth-beach-de>

