

# Join us for Svaroopā<sup>®</sup> Yoga!

with Swami Samvidaananda | Oct 18-19 2024



## Swami Samvidaananda



She has been teaching Svaroopā<sup>®</sup> yoga and meditation for over 20 years. After she raised her three children, she became a swami, a yoga monk. She says, "Now that I am a swami, I do what I've always done. The difference is that I'm doing it from a greater depth."

## Meditation Day

**Saturday October 19 2024 | 9:00 am - 5:00 pm**

No experience required, everyone can meditate. Experienced meditators will discover deeper dimensions within while new meditators experience how easy and powerful meditation can be. Meditation uncovers who you really are, at the deepest innermost level. In addition to meditation instruction, other supportive practices contribute to the quality of your day and your inner experience.

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

**Host:** Joanne (Jayeshwaree) Kirk, [spag@telus.net](mailto:spag@telus.net)

**Tuition:** Early Rate: \$171.00 (by 10/12), Standard Rate: \$191.00  
Tuition includes 1 free online Swami Sunday (\$20 value)  
Need-based scholarships available. Contact your host.

**Register:** <https://svaroopā.org/meditation-day-241019-calgary>

Plus a FREE program!



## FREE Meditation Satsang

**Friday October 18 2024 | 7:00 - 8:30 pm**

Experience deep meditation made easily accessible by one who has devoted her life to spirituality. Swami Samvidaananda'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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Svaroopā<sup>®</sup> Vidya Ashram