

Join us for Svaroopā[®] Yoga!

with Swami Satrupananda | June 7 2025



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."

Half Day Program

Saturday June 7 2025 | 1:00 pm - 5:00 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; 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!

Location: [Central Street Yoga & Meditation](#)

Pomfret Town Hall
5233 Pomfret Rd, North Pomfret VT

Host: Ruth (Rama) Brooke, rb.csym@gmail.com

Tuition: Early Rate: \$111.00 (by 5/31), Standard Rate: \$121.00

Tuition includes 1 free online Swami Sunday (\$20 value)
Need-based scholarships available. Contact your host.

Register: <https://svaroopā.org/hdp-vt-250607>

Plus a **FREE** program!



FREE Meditation Satsang

Saturday June 7 2025 | 9:00 am - 10:30 am

Experience deep meditation made easily accessible by one who has devoted her life to spirituality. Swami Satrupananda is a monk in the ancient Saraswati order, who shares her incredible knowledge in a personal way through her humour as well as her caring presence.

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Svaroopā[®] Vidya Ashram