

Join us for Svaroopa® Yoga!

with Swami Prajñananda | June 21, 2025



Swami Prajñananda



By enrolling in Foundations of Svaroopa® Yoga, Prajñananda took the first step into Teacher Training. One year later, she left her job as a schoolteacher to study, work and live with her Guru full time. In 2019, she took sannyas initiation from Gurudevi Nirmalananda in Ganeshpuri India. She now serves as both a Svaroopa® Yoga Teacher Trainer and a Teachings Assistant Manager at Svaroopa® Vidya Ashram.

Half Day Program

Saturday June 21 2025 | 1:00 - 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: 20283 River Mill Drive, Fairhope AL

Host: Marlene (Matrikaa) Gast, yogimarlene11@gmail.com

Tuition: Early Rate: \$111.00 (by 6/14), Standard Rate: \$121.00

Tuition includes 1 free online Swami Sunday (\$20 value)

Need-based scholarships available. Contact your host.

Register: <https://svaroopa.org/hdp-al-250621>

Plus a FREE program!



FREE Yoga for Pain Relief

Friday June 20 2025 | 7:00 - 8:30 pm

Bring your aches and pains with you to this intro to Svaroopa® yoga. We'll ask what you need help with. You'll try out a few easy yoga poses along with the whole group, which are specifically selected to address the pains everyone brought with them. No previous yoga experience is required.

Location: 20283 River Mill Drive, Fairhope AL

Host: Marlene (Matrikaa) Gast, yogimarlene11@gmail.com

Register: <https://svaroopa.org/ypr-al-250620>



Svaroopa® Vidya Ashram