

# Join us for Svaroopa® Yoga!

with Swami Satrupananda | July 19, 2025



## Half Day Program

**Saturday July 19, 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:** [10851 SE Main Street, Milwaukie OR](https://www.svaroopa.org/hdp-or-250719)

**Host:** Ron Bushner, [rsbushner@comcast.net](mailto:rsbushner@comcast.net)

**Tuition:** Early Rate: \$111.00 (by 7/12), Standard Rate: \$121.00

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

**Register:** <https://svaroopa.org/hdp-or-250719>

### Swami Satrupananda



She is both a Svaroopa® 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."

Plus a **FREE** program!



## Yoga for Pain Relief

**Friday July 18, 2025 | 4:30 - 6:00 pm**

Bring your aches and pains with you to this intro to Svaroopa® yoga. We'll ask what you need help with. Then we'll help you with it. In addition, we'll explain how this style of yoga works, compared to medicine.

**Location:** [10851 SE Main Street, Milwaukie OR](https://www.svaroopa.org/ypr-or-250718)

**Host:** Ron Bushner, [rsbushner@comcast.net](mailto:rsbushner@comcast.net)

**Register:** <https://svaroopa.org/ypr-or-250718>



Svaroopa® Vidya Ashram