

# Half Day Program

with **Swami Shrutananda**

**Saturday July 26 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 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 Shrutananda



As a swami, she is a yoga monk, serving the Ashram as a Teacher Trainer as well as in teaching yoga and meditation classes. She has studied and taught with Gurudevi for over 27 years. She says, "I love to share the mystical teachings of yoga with others who wish to delve deeper."



### Location:

[Soraya \(Sudevi\) Pereira home Studio](#)  
[3519 Copley Ave,](#)  
[San Diego CA](#)

### Hosts:

Soraya (Sudevi) Pereira  
[soraya1@cox.net](mailto:soraya1@cox.net)

### Tuition:

Early Rate: \$111.00 (by 7/19)

Standard Rate: \$121.00

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

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

### Register here:

<https://svaroopa.org/hdp-ca-250726>

