

Join us for Svaroopaa® Yoga!

with Swami Samvidaananda | October 24-25, 2025

Half Day Program

Saturday October 25 2025 | 9:00 am - 1:00 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: Bonavista Downs Community Centre
1418 Lake Ontario Rd SE, Calgary AB, Canada

Hosts: Heather Wong Ken and Rosemary (Rudrani) Nogue

Tuition: Early Rate: \$111.00 (by 10/18), Standard Rate: \$121.00

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

Register: <https://svaroopaa.org/hdp-calgary-251025>



Swami Samvidaananda



She has been teaching Svaroopaa® 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."

Plus two FREE programs!

Location: Bonavista Downs Community Centre - 1418 Lake Ontario Rd SE, Calgary AB, Canada

FREE Yoga for Stress Relief



**Friday October 24 2025
6:30 - 8:00 pm**

Learn about the difference between treating the symptoms of stress and reducing your stress level. Fortunately, yoga offers both at the same time! Discover how easy it is to reduce your stress with Svaroopaa® yoga, a user-friendly, slower-paced yoga practice. You'll try out a few easy yoga poses along with the whole group. No previous yoga experience is required. Every pose is customized to your individual needs, making this both accessible and beneficial.

Host: Heather Wong Ken, heatherwongken@yahoo.com

Register: <https://svaroopaa.org/ysr-calgary-251024>

FREE Yoga Pain Clinic



**Saturday October 25 2025
2:30 - 4:30 pm**

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopaa® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

Host: Rosemary (Rudrani) Nogue, rosemary@blissyyogacalgary.ca

Register: <https://svaroopaa.org/ypc-calgary-251025>

