

Join us for Svaroopaa® Yoga!

with Swami Samvidaananda | November 8 2025



Half Day Program

Saturday November 8 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: [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 11/1), 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-vt-251108>

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 a **FREE** program!

FREE Yoga for Pain Relief

Saturday November 8 2025 | 3:30 pm - 5:00 pm

Bring your aches and pains with you to this intro to Svaroopaa® 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. 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.

You get to experience how easy it is to feel better in just a few minutes by doing a few user-friendly yoga poses. Wear comfortable clothes that allow you to bend and stretch. You will leave with a better understanding of your body and with new options for how to improve it.

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 Svaroopaa® Vidya Ashram