

Join us for Svaroopa® 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://svaroopa.org/hdp-vt-251108>

Swami Samvidaananda



She has been teaching Svaroopa® 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 Intro to Svaroopa® Yoga Therapy

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

Unlock your innate healing potential through Svaroopa® Yoga Therapy. This free intro shows you what private sessions can do for you.

Bring your aches and pains with you. We'll begin with an explanation of how yoga therapy approaches your needs. Then you'll observe a short demonstration of a real yoga therapy session, with a volunteer from those in attendance. See what happens — both what is happening as well as the profound changes the client enjoys. You can tell if this will help, and you'll know how to follow up for yourself.

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 Svaroopa® Vidya Ashram