

Join us for Svaroopā[®] Yoga!

with Swami Shrutananda | February 6-7, 2026

Half Day Program

Saturday February 7, 2026 | 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: OM Shanti Yoga

1620 US Rte 1 #10, Tequesta FL

Host: Susan (Padma) Mitchell, <https://www.jupiterblissyoga.com/>

Tuition: Early Rate: \$111.00 (by 1/31), Standard Rate: \$121.00

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

Register: <https://svaroopā.org/hdp-fl-260207>



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."

Plus a **FREE** program!

FREE Yoga for Stress Relief

Friday February 6, 2026 | 6:00 - 7:30 pm

Discover how easy it is to reduce your stress with Svaroopā[®] yoga, a user-friendly, slower-paced yoga practice. Every pose is customized to your individual needs, making this both accessible and beneficial.

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1620 US Rte 1 #10, Tequesta FL

Host: Susan (Padma) Mitchell, <https://www.jupiterblissyoga.com/>

Register: <https://svaroopā.org/ysr-fl-260206>

