

Join us for Svaroopa® Yoga!

with Swami Savidaananda | March 14, 2026



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."

Half Day Program

Saturday March 14, 2026 | 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: Earthsong Yoga

186 Main Street Floor 2, Marlborough MA

Host: Nirooshitha Sethuram, yogaratna - Marlborough Yoga
nirooshi@yahoo.com

Tuition: **Early Rate: \$111.00 (by 3/7), Standard Rate: \$121.00**

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

Register: <https://svaroopa.org/hdp-ma-260314>

Plus a **FREE** program!

FREE Yoga for Stress Relief

Saturday March 14, 2026 | 3:00 - 4:30 pm

Discover how easy it is to reduce your stress with Svaroopa® 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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Svaroopa® Vidya Ashram