

Join us for Svaroopa® Yoga!

with Swami Prajñananda | March 21 2026



Swami Prajñananda



By enrolling in Foundations of Svaroopa® Yoga, Prajñananda took the first step into Teacher Training. One year later, she left her job as a schoolteacher to study, work and live with her Guru full time. In 2019, she took sannyas initiation from Gurudevi Nirmalananda in Ganeshpuri India. She now serves as both a Svaroopa® Yoga Teacher Trainer and a Teachings Assistant Manager at Svaroopa® Vidya Ashram.

Half Day Program

Saturday March 21 2026 | 1:30 - 5:30 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: [Eastern Shore Yoga](#)
[20283 River Mill Drive, Fairhope AL](#)

Host: [Marlene \(Matrikaa\) Gast, Yogaratna](#)
yogimarlene11@gmail.com

Tuition: **Early Rate: \$111.00 (by 3/14), 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-al-260321>

Plus a FREE program!

FREE Intro to Meditation

Friday March 20 2026 | 6:00 - 7:30 pm

Discover an easy pathway to deep meditation in just 90 minutes. Named Svaroopa® Vidya, this meditation methodology is based in yoga's ancient teachings coming from the Himalayan sages. Learn about the goal and purpose of meditation as well as the how-to basics. Get your questions answered and go home ready to add meditation to your lifestyle.

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Svaroopa® Vidya Ashram