

**FREE PROGRAM**

# *Intro to Meditation*

*with Swami Prajñananda*

**Friday April 24 2026**

**4:30 - 6:00 pm**

Discover an easy pathway to deep meditation in just 90 minutes. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yogis specialize in.

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.

## **Swami Prajñananda**



Swami Prajñananda is a monk in the ancient Saraswati order and comes to you as an authorized representative of *Svaroopa*® Vidya Ashram. Her credentials include *Svaroopa*® yoga teacher and yoga therapist. In addition, she is a Teacher Trainer and *Svaroopa*® Vidya meditation teacher. She shares her knowledge in a personal way and through her caring presence. She loves to help you!



## **Location:**

[Turning Point Yoga & Meditation](#)  
[108 Bangor LN, Milton DE](#)

## **Register with the Host:**

Chelsea (Rajñi) King, Yogaratna  
[rajniking70@gmail.com](mailto:rajniking70@gmail.com)

## **For more Information:**

<https://svaroopa.org/im-de-260424>

