

Join us for Svaroopaa[®] Yoga!

with Swami Shrutananda | April 17-18, 2026

Half Day Program

Saturday April 18 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: Bonavista Downs Community Center
[1418 Lake Ontario Rd SE](#), Calgary AB, Canada

Hosts: [Laurie \(Kevalaa\) Hislop](#) and [Joanna \(Jayeshwaree\) Kirk](#)

Tuition: Early Rate: \$111.00 (by 4/11), Standard Rate: \$121.00
Tuition includes 1 free online Swami Sunday (\$20 value)
Need-based scholarships available. Contact your host.

Register: <https://svaroopaa.org/hdp-calgary-260418>



Swami Shrutananda



She is our Lead Teacher Trainer, having taught thousands of Svaroopaa[®] yoga teachers in the last 30 years. As a monk in the ancient Saraswati order, she comes to you as an authorized representative of Svaroopaa[®] Vidya Ashram. She shares her knowledge in an accessible way, focused on your needs and interests. She loves to see you feel better!

Plus two FREE programs!

Location: Bonavista Downs Community Centre - 1418 Lake Ontario Rd SE, Calgary AB, Canada

FREE Intro to Meditation



Friday April 17 2026
6:30 - 8:00 pm

Discover how easy meditation can be in this introductory program. Instead of watching your mind, get deeper within your own Divine Essence by using the shortcuts in which yogis specialize. Named Svaroopaa[®] Vidya, this meditation methodology is based in yoga's tantric system. In a single class, you will learn the goal and purpose of meditation as well as the how-to basics. You can ask your questions and be ready to add meditation to your lifestyle.

Host: Joanne (Jayeshwaree) Kirk, spag@telus.net

Register: <https://svaroopaa.org/im-calgary-260417>

FREE Yoga for Pain Relief



Saturday April 18 2026
3:30 - 5:00 pm

Bring your aches and pains with you to this free intro to Svaroopaa[®] yoga. We'll ask what you need help with. Then we'll help you with it. In addition, we'll explain how this style of yoga works, comparing it with medicine and other things you've tried. You'll try out a few easy yoga poses along with the whole group, which are specifically selected to address the pains everyone brought with them. No previous yoga experience is required.

Host: Laurie (Kevalaa) Hislop, hislopl@shaw.ca

Register: <https://svaroopaa.org/ypr-calgary-260418>

