

# Join us for Svaroopā<sup>®</sup> Yoga!

with Swami Satrupananda | June 26-27 2026



## Swami Satrupananda



Swami Satrupananda is a monk in the ancient Saraswati order and comes to you as an authorized representative of Svaroopā<sup>®</sup> Vidya Ashram. Her credentials include certification as a Svaroopā<sup>®</sup> yoga and meditation teacher. She shares the teachings with great clarity and wonderful personal examples. She leads you through the process attentively and compassionately. And she laughs a lot!

## Half Day Program

**Saturday June 27 2026** | 9:30 am - 1:30 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:** Unity of Richmond Church  
[800 Blanton Avenue](#), Richmond VA

**Host:** Barbara (Girijananda) Hess, Yogaratna  
[easeintomeditation@gmail.com](mailto:easeintomeditation@gmail.com)

**Tuition: Early Rate: \$111.00 (by 6/20), 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-va-260627>

Plus a **FREE** program!

## FREE Meditation Satsang

**Friday June 26 2026** | 7:00 - 8:30 pm

Meditate with a swami in this free program featuring chanting and a group meditation. If you are new to meditation, Swamiji will teach you how, and you benefit from meditating with her and the whole group. The program also includes a discourse on the principles of spiritual life and practice. These ancient teachings are applicable to our modern times and open the doorway to deep inner experiences.

**Location:** Unity of Richmond Church  
[800 Blanton Avenue](#), Richmond VA

**Host:** Barbara (Girijananda) Hess, Yogaratna  
[easeintomeditation@gmail.com](mailto:easeintomeditation@gmail.com)

**Register:** <https://svaroopaa.org/ms-va-260626>



Svaroopā<sup>®</sup> Vidya Ashram