

# Join us for Svaroopa® Yoga!

with Swami Satrupananda | October 9-10, 2026



## Half Day Program

**Saturday October 10, 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:** [256 Potter Road](#), Canton NY

**Host:** [Samantha \(Sarveshi\) Glazier, \*sglazier@stlawu.edu\*](#)

**Tuition: Early Rate: \$111.00 (by 10/3), Standard Rate: \$121.00**

Includes 1 free online Swami Sunday, \$20 value

Need-based scholarships available. Contact your host

**Register:** <https://svaroopa.org/hdp-ny-261010>

### Swami Satrupananda



Swami Satrupananda is a monk in the ancient Saraswati order and comes to you as an authorized representative of Svaroopa® Vidya Ashram. Her credentials include certification as a Svaroopa® 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!

Plus a FREE program!



## FREE Meditation Satsang

**Friday October 9, 2026** | 6:30 - 8:00 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:** [256 Potter Road](#), Canton NY

**Host:** [Samantha \(Sarveshi\) Glazier, \*sglazier@stlawu.edu\*](#)

**Register:** <https://svaroopa.org/ms-ny-261009>



Svaroopa® Vidya Ashram