

Join us for Svaroopa® Yoga!

with Swami Samvidaananda | October 16-17, 2026



Swami Samvidaananda



She 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 Svaroopa® Vidya meditation teacher and trainer. She shares her knowledge in a personal way and through her loving presence. She loves to see you feel better!

Half Day Program

Saturday October 17 2026 | 1:00 - 5:00 pm (Pacific Time)

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: [Soraya \(Sudevi\) Pereira home studio](#)
3519 Copley Ave, San Diego CA

Host: [Soraya \(Sudevi\) Pereira](#), Yogaratna
soraya1@cox.net

Tuition: Early Rate: \$111.00 (by 10/10), 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-san-diego-261017>

Plus a **FREE** program!

FREE Intro to Meditation

Friday October 16 2026 | 6:00 - 7:30 pm (Pacific Time)

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 Svaroopa® 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.

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Register: <https://svaroopa.org/im-san-diego-261016>

