

Half Day Program

with Swami Samvidaananda

Saturday June 6 2026

1:00 – 5:00 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 this Half Day Program; 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:

All Saints Catholic Church
[3847 NE Glisan Street,](#)
Portland OR

Hosts:

Lori (Priya) Kenney
kenney@coho.net

Tuition:

Early Rate: \$111.00 (by 5/30)

Standard Rate: \$121.00

**Includes 1 free Swami Sunday (\$20 value)*

Need-based scholarships available.
Contact your host to apply.

Register here:

<https://svaroopaa.org/hdp-or-260606>

Swami Samvidaananda



She is a monk in the ancient Saraswati order and comes to you as an authorized representative of *Svaroopaa*® Vidya Ashram. Her credentials include *Svaroopaa*® yoga teacher and yoga therapist. In addition, she is a *Svaroopaa*® 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!



Svaroopaa® Vidya Ashram