

Full Day Program

with **Swami Shrutananda**

Saturday September 20 2025

9:00 am - 5:30 pm

Stop the world, just for a day. Give yourself a yoga-day; think of it as an adult time-out. You'll feel better than you can currently imagine, which you naturally share with everyone around you. They appreciate when you find the inside yoga-bliss. Most importantly, you are the one delving into the bliss of consciousness within, which changes everything for you. Amazing how one day can bend your life in the direction you really want to go.



Location:

[The Centered Place](#)
[286 Bridge Street, Warren, MA](#)

Hosts:

Phil (Krishna) Milgrom
info@thecenteredplace.com

Tuition:

Early Rate: \$151.00 (by 9/13)

Standard Rate: \$171.00

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

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

Register here:

<https://svaroopaa.org/fdp-ma-250920>

Swami Shrutananda



As a swami, she is a yoga monk, serving the Ashram as a Teacher Trainer as well as in teaching yoga and meditation classes. She has studied and taught with Gurudevi for over 27 years. She says, "I love to share the mystical teachings of yoga with others who wish to delve deeper."

