

Half Day Program

with **Swami Samvidaananda**

Saturday October 11 2025

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 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:

[Om Studio Yoga](#)
[2115 94th Ave NE,](#)
[Clyde Hill, WA](#)

Hosts:

Julia (Chintamani) Wallis
omjuliaw@gmail.com

Tuition:

Early Rate: \$111.00 (by 10/4)

Standard Rate: \$121.00

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

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

Register here:

<https://svaroopa.org/hdp-wa-251011>

Swami Samvidaananda



She has been teaching *Svaroopa*® yoga and meditation for over 20 years. After she raised her three children, she became a swami, a yoga monk. She says, "Now that I am a swami, I do what I've always done. The difference is that I'm doing it from a greater depth."



Svaroopa® Vidya Ashram