

Join us for Svaroopaa® Yoga!

with Swami Samvidaananda | April 4-5, 2020

(the yogi formerly known as Rukmini)



Half Day Program

Saturday April 4, 2020 | 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; 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	Calgary Parkland Community Association 505 Parkvalley Rd. SE, Calgary AB T2J 6M4 Canada
HOSTS	Laurie (Kevalaa) Hislop & Rosemary (Rudrani) Nogue 403.585.9045 hislopl@shaw.ca http://blisswithin.ca
TUITION	Early Rate: \$128.00 CAD (on or March 28, 2020) Standard Rate: \$142.00 CAD
REGISTER	https://svaroopaa.org/hdp-calgary-200404

Swami Samvidaananda CSYT

(the yogi formerly known as Rukmini)



Swami Samvidaananda brings her heart to everything she does, offering these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these yogic and meditative tools and to experience your own Divine Essence.

Plus two FREE programs!

Free Intro to Meditation

Sunday April 5, 2020 | 10:00 - 11:00 am

Discover an easy pathway to deep meditation in just one hour. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yoga specialize in.

LOCATION	Calgary Parkland Community Association 505 Parkvalley Rd. SE, Calgary AB Canada
HOSTS	Rosemary (Rudrani) Nogue 403.271.7810 rosemary@blissyogacalgary.ca http://www.blissyogacalgary.ca/
REGISTER	Please register with Rosemary (Rudrani) to hold your spot.

Free Yoga Pain Clinic

Sunday April 5, 2020 | 1:00 - 3:30 pm

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopaa® yoga can reduce and eliminate pain - come and see how.

LOCATION	Calgary Parkland Community Association 505 Parkvalley Rd. SE, Calgary AB Canada
HOSTS	Laurie (Kevalaa) Hislop 403.585.9045 hislopl@shaw.ca http://blisswithin.ca
REGISTER	Please register with Laurie (Kevalaa) to hold your spot.



Svaroopaa® Vidya Ashram