

## FREE Meditation Satsang

Bonavista Downs Community Centre

1418 Lake Ontario Rd SE, Calgary

Friday May 31

7:00 - 8:30 pm

Experience deep meditation made easily accessible by one who has devoted her life to spirituality. Swami Shrutananda is a monk in the ancient Saraswati order, who shares her incredible knowledge in a personal way through her humour as well as her caring presence. Her satsang program includes a discourse as well as group chanting and meditation. If you are new to this approach, she makes it easy for you. Her programs are always wonderfully deep, supportive and life changing. Allow her to show you the truth of the highest teachings, as she guides you to the experience of your own Divine Essence. No previous experience needed. To register email Heather Wong Ken [heatherwongken@yahoo.com](mailto:heatherwongken@yahoo.com)



## Full Day Program

Bonavista Downs Community Centre

1418 Lake Ontario Rd SE, Calgary

Saturday June 1

9:00 am - 4:00 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 by delving into the bliss of consciousness within. This changes everything for you and those around you. This day will include yoga poses, a talk about yoga philosophy and meditation instructions followed by meditation. No experience necessary! Amazing how one day can bend your life in the direction you really want to go. Tuition (on or before May 25 2024): \$151.00 USD (includes 1 free online Swami Sunday, \$20 value) Standard Tuition: \$171.00 USD (includes 1 free online Swami Sunday, \$20 value). Lunch will be provided for a small fee – more details to follow. Register: <https://svaroopa.org/full-day-program-240601-calgary> For info: Heather Wong Ken [heatherwongken@yahoo.com](mailto:heatherwongken@yahoo.com) or Jñani (Frances) Amery [francesanddon@gmail.com](mailto:francesanddon@gmail.com)

