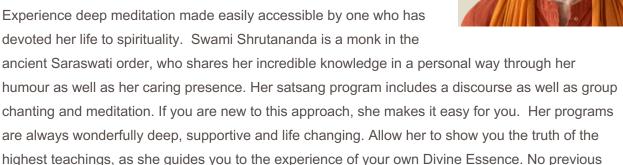
FREE Meditation Satsang

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



experience needed. To register email Heather Wong Ken 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 or Jñani (Frances) Amery francesanddon@gmail.com





