



SATSANG: In the Company of Truth

With Swami Nirmalananda Saraswati

Formerly known as Rama Berch, Swamiji has been teaching yoga and meditation in the USA and internationally for over 30 years. The originator of Svaroop[®] yoga and creator of Master Yoga Foundation, she also served the yoga community as the founding President of Yoga Alliance. She was initiated as a swami in February 2009, and is now turning her focus to establishing Svaroop[®] Vidya Ashram.

“A truly gifted teacher”. –Sally Sweeney, La Mesa CA

“Swamiji’s knowledge is awesome!” – Lauren Parese, Utica NY

Swamiji specializes in providing easy and deep inner experiences of your own Self, by using the teachings and practices that she received from her Guru and that she has cultivated for over 35 years. Her love of the yoga tradition has led her to in-depth study of the broad swath of ancient teachings. She draws from all of them, with a primary inspiration from the teachings of Kashmir Shaivism.

This is a free event.

Donations are gratefully accepted.

Please pay us the courtesy of pre-registration. Thank you!

■ Sunday April 11

■ 7:30—9:00PM

dibellayoga studio

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