



Enlightened Relationship with Rukmini

February 10 – 12, 2012

Friday: 7:30 – 9 pm, Saturday: 9 am-noon & 2 – 5:30 pm, Sunday: 9 am – noon

YOUR RELATIONSHIPS CHANGE AS YOU GROW INTO YOUR SELF, which happens quickly and powerfully through *Svaroopaa*® Vidya Meditation. In this weekend, Rukmini guides you into deep meditation, while clarifying the way it repatterns and reprograms you from the inside out. You will take meditation home with you, so that your practice, supported by grace, gives you deeper and more profound relationships with the same people — because the one who is changing is you. You are becoming more enlightened, stage by stage. In addition, Rukmini explains how to be in relationship with Swami Nirmalananda, a yogi who has already been through the process, and how grace flows through that relationship. Learn how your practices draw, support and deepen the flow of grace in your life, which transforms you, your relationships, and the person you are in relationship with, all at the same time.



Rukmini (Maria) Abbruzzi
CSYT, Certified Meditation Teacher
& Group Leader

Rukmini has studied with Swami Nirmalananda Saraswati and shared her teachings with others for 12 years. In her local community, she teaches meditation and yoga plus leads ongoing satsangs, and, as Teachings Assistant to Swami Nirmalananda, she supports and serves the greater *Svaroopaa*® Vidya Ashram community.

Her dedication to and love for the meditation and yoga practices make her a clear conduit for the grace that flows through the *Svaroopaa*® Vidya lineage from her guru, Swami Nirmalananda, her guru's guru, Swami Muktananda, and his guru, Bhagavan Nityananda. Rukmini brings her heart to everything she does. She offers these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these meditative tools and experience your own divine essence.

**Rehoboth Beach
Yoga Center**
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Hosted by

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TUITION:

Early registration \$195 (*deadline 1/20/12*)
Regular price \$245