

# Practical spirituality

## Lecture with Swami Durgananda

Yoga Acharya



**Saturday 19 January**  
**2.30pm**

**Lecture: Where is true  
freedom?**



Swami Durgananda is Yoga Acharya for Europe and senior disciple of Swami Vishnudevananda.

**Lecture:** Members £8.50, Non-members £12.50, Concession £8, 1 tick on class card.



**Sivananda Yoga Vedanta Centre**

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