



Swamini Shradhdhananda Saraswati



Kula Kamala Foundation
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Swamini Shradhdhananda Saraswati is a learned monk within the Sivananda Order of Sannyasins. She is also the co-founder and primary spiritual teacher of Kula Kamala Foundation & Yoga Ashram. In her early twenties, Swamini Ji began practicing Yoga and fell in love with the transformative, reaffirming and uplifting lifestyle Yoga offered her. She eventually realized that her heart was calling her to teach the wholeness and spirituality of Yoga and to serve the wellness of humanity through 'seva', selfless service.

The author and lead teacher of several Leadership, Yoga, and Yoga Therapy training curriculums, Swamini Ji also founded two hospital based Yoga Therapy programs, worked with abused and neglected children, at-risk teens, abused women, and any community where suffering exists. For well over a decade, she has provided spiritual counsel to individuals seeking to heal from life trauma and gain spiritual clarity in their life and relationships.

Academically, Swamini Ji holds five educational degrees including a doctorate in Anthropology. She has instructed graduate level courses in the Science of Yoga and Meditation (Georgian Court University), and undergraduate courses in Cultural and Evolutionary Anthropology (Temple University and Monmouth University).

In addition to speaking at several international and regional conferences on topics ranging from holism in social work to non-violence and spirituality, Swamini Ji has served as Chaplain at Albright College in Reading PA.

She is an avid writer, who writes daily and has published three books of poetical reflections.

Swamini Shradhdhananda Saraswati offers experience and wisdom as a spiritual teacher, advisor, and humanitarian that is grounded in decades of devotion, service, education, and practice.

A selection of Swamini Ji's satsangs & presentations:

Yoga: What It Is and What It Isn't
Mindfulness in Schools
Yoga Therapy & At-Risk Populations
You, Yoga & Your Nervous System
Digestion: The Art and Intelligence of Healthy Poop
Non-Violence
The Power of Intention
The Goddess Traditions
The Secrets of the Sacred Feminine
Spiritual Activism, Animal Welfare & Environmental Sustainability
The Making of a New Feminism Based in Divinity, Equality & Oneness

Feminism & the Return of the Great Mother
Dasha Maha Vidya ~ The Ten Wisdom Goddesses
Mantra: Empowering the Sacred Through Sound
The Bhagavad Gita as a Way to Live Spiritually
Yoga Therapy as a Bedside Modality in Hospitals
Women's Health Through Ayurveda
Resiliency: How Healthy Are You?
Embracing Peace in Our Time
Kali ~ Time & Transformation
Yoga & Ayurveda

