

FREE PROGRAM

Yoga for Stress Relief

with Swami Shrutananda

Friday, June 9, 2023

5:30 – 7:00pm

Discover how easy it is to reduce your stress with *Svaroopā*® yoga, a user-friendly, slower-paced yoga practice. Every pose is customized to your individual needs, making this both accessible and beneficial.

Learn about the difference between treating the symptoms of stress and reducing your stress level. Fortunately, yoga offers both at the same time! You'll try out a few easy yoga poses along with the whole group. No previous yoga experience is required.

Swami Shrutananda



As a swami, she is a yoga monk, serving the Ashram as a Teacher Trainer as well as in teaching yoga and meditation classes. She has studied and taught with Gurudevi for over 27 years. She says, "I love to share the mystical teachings of yoga with others who wish to delve deeper."



Location:

65 Pennsylvania Ave
Binghamton, NY

Register with the host:

Lynda Durst-Schmidt
LDSyoga2@gmail.com

For more information:

svaroopaa.org/yoga-for-stress-relief-binghamton

