

FREE PROGRAM

Intro to Svaroopa® Yoga

with Swami Shrutananda

Sunday October 15 2023

4:00 – 5:30 pm

Discover a user-friendly yoga that heals what ails you and keeps you young. How? By unraveling the deepest tensions in your body, no strain—no sweat! Bring your questions and concerns, whether you are brand new or an experienced yogi. Learn how to work with your body in a whole new way.

After questions, discussion and demo, you get to experience how easy it is to feel better in just a few minutes by doing a few introductory yoga poses. You will leave understanding your body better and with new options for how to improve.

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:

Time For You Yoga
2155 Diamond Hill Road
Cumberland RI

Register with the Host:

Maria Sichel
sichel.maria@gmail.com
www.timeforyouyoga.com

For more information:

svaroopa.org/intro-svaroopa-cumberland

