

FREE PROGRAM

Yoga for Pain Relief

with Swami Satrupananda

Saturday April 13 2024

3:00 – 4:30 pm

Bring your aches and pains with you to this intro to Svaroopaa® yoga. We'll ask what you need help with. Then we'll help you with it. In addition, we'll explain how this style of yoga works, compared to medicine.

You'll try out a few easy yoga poses along with the whole group, which are specifically selected to address the pains everyone brought with them. No previous yoga experience is required.

You get to experience how easy it is to feel better in just a few minutes by doing a few user-friendly yoga poses. Wear comfortable clothes that allow you to bend and stretch. You will leave with a better understanding of your body and with new options for how to improve it.

Swami Satrupananda



She is both a *Svaroopaa*® yoga teacher and meditation teacher. As a swami, a yoga monk, she serves the Ashram both in management as well as being a teacher. She says, "I want to serve everyone with whom I come into contact, that each might know their own Self."



Location:

Sea Glass Yoga & Wellness Center
803 Flanders Road Henniker,
NH 03242

Register with the Host:

Susan (Sattva) Daniel
coachsue@seaglassyoga.com

For more Information:

<https://svaroopaa.org/pain-relief-240413-henniker>



Svaroopaa® Vidya Ashram