

**FREE PROGRAM**

# *Yoga for Stress Relief*

*with Swami Prajñananda*

**Friday October 4 2024**

**6:30 – 8:00 pm**

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.

You get to experience how easy it is to reduce your stress 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 stress and with new options for how to relieve it.



## **Swami Prajñananda**



By enrolling in Foundations of *Svaroopā*® Yoga, Prajñananda took the first step into Teacher Training. One year later, she left her job as a schoolteacher to study, work and live with her Guru full time. In 2019, she took sannyas initiation from Gurudevi Nirmalananda in Ganeshpuri India. She now serves as both a *Svaroopā*® Yoga Teacher Trainer and a Teachings Assistant Manager at *Svaroopā*® Vidya Ashram

### **Location:**

Om Studio Yoga  
2115 94th Ave NE,  
Clyde Hill, WA

### **Register with the Host:**

Julia (Chintamani) Wallis  
[omjuliaw@gmail.com](mailto:omjuliaw@gmail.com)

### **For more Information:**

[https://svaroopā.org/  
free-yoga-for-stress-  
relief-241004-clyde-  
hill-wa](https://svaroopā.org/free-yoga-for-stress-relief-241004-clyde-hill-wa)

