

FREE PROGRAM

Yoga Pain Clinic

with **Swami Shrutananda**

Friday July 25 2025

6:00 – 8:30 pm

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life!

Svaroopa® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

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:

[Soraya \(Sudevi\) Pereira home studio](#)
[3519 Copley Ave](#), San Diego CA

Register with the Host:

Soraya (Sudevi) Pereira
soraya1@cox.net

For more Information:

<https://svaroopa.org/ypc-ca-250725>

