

FREE PROGRAM

Yoga for Stress Relief

with Swami Satrupananda

Friday March 6 2026

6:30 – 8:00 pm

Discover how easy it is to reduce your stress with *Svaroopa*® 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 Satrupananda



She is both a *Svaroopa*® 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:

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

Register with the Host:

Julia (Chintamani) Wallis
omjuliaw@gmail.com

For more Information:

<https://svaroopa.org/ysr-wa-260306>



Svaroopa® Vidya Ashram