

FREE PROGRAM

Yoga for Stress Relief

with Swami Prajñananda

Friday May 22 2026

6:00 – 7:30 pm (Pacific Time)

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 Prajñananda



Swami Prajñananda is a monk in the ancient Saraswati order and comes to you as an authorized representative of *Svaroopa®* Vidya Ashram. Her credentials include *Svaroopa®* yoga teacher and yoga therapist. In addition, she is a Teacher Trainer and *Svaroopa®* Vidya meditation teacher. She shares her knowledge in a personal way and through her caring presence. She loves to help you!



Location:

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

Register with the Host:

[Soraya \(Sudevi\) Pereira, Yogaratna](#)
soraya1@cox.net

For more Information:

<https://svaroopa.org/ysr-san-diego-260522>



Svaroopa® Vidya Ashram