

FREE PROGRAM

Yoga for Pain Relief

with **Swami Samvidaananda**

Friday June 5 2026

5:30 – 7:00 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 Samvidaananda



She is a monk in the ancient Saraswati order and comes to you as an authorized representative of *Svaroopaa*® Vidya Ashram. Her credentials include *Svaroopaa*® yoga teacher and yoga therapist. In addition, she is a *Svaroopaa*® Vidya meditation teacher and trainer. She shares her knowledge in a personal way and through her loving presence. She loves to see you feel better!

Location:

All Saints Catholic Church
[3847 NE Glisan Street,](#)
Portland OR

Register with the Host:

Lori (Priya) Kenney
kenney@coho.net

For more Information:

<https://svaroopaa.org/ypr-or-260605>

