

FREE PROGRAM

Yoga Pain Clinic

with Swami Shrutananda

Saturday June 28 2025

9:30 am – 12:00 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 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:

[Rehoboth Beach Yoga](#)
[20245 Bay Vista Rd Ste 101,](#)
[Rehoboth Beach DE](#)

Register with the Host:

[Kelly \(Kushala\) Sharp](#)

For more Information:

<https://svaroopaa.org/ypc-de-250628>

