

FREE PROGRAM

Yoga for Stress Relief

with Swami Shrutananda

Friday September 19 2025

7:00 – 8:30 pm

Discover how easy it is to reduce your stress with *Svaroopaa*® 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 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:

[The Centered Place](#)
[286 Bridge Street,](#)
[Warren, MA](#)

Register with the Host:

Phil (Krishna) Milgrom
info@thecenteredplace.com

For more Information:

<https://svaroopaa.org/ysr-ma-250919>



Svaroopaa® Vidya Ashram