

FREE PROGRAM

Yoga Pain Clinic

with Swami Samvidaananda

Friday October 10 2025

6:30 – 8:00 pm

Bring your aches and pains with you to this intro to *Svaroopa*® 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 has been teaching *Svaroopa*® yoga and meditation for over 20 years. After she raised her three children, she became a swami, a yoga monk. She says, "Now that I am a swami, I do what I've always done. The difference is that I'm doing it from a greater depth."

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/ypc-wa-251010>



Svaroopa® Vidya Ashram