

**FREE PROGRAM**

# *Intro to Yoga Therapy*

**with Swami Shrutananda**

**Friday July 26 2024**

**7:00 - 8:30 pm**

Unlock your innate healing potential through *Svaroopaa*® Yoga Therapy. This free intro shows you what private sessions can do for you.

Bring your aches and pains with you. We'll begin with an explanation of how yoga therapy approaches your needs. Then you'll observe a short demonstration of a real yoga therapy session, with a volunteer from those in attendance.

See what happens — both what is happening as well as the profound changes the client enjoys. You can tell if this will help, and you'll know how to follow up for yourself.

## **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:**

Tula Yoga  
1325 S State Street,  
Dover DE

### **Register with the Host:**

Kelly (Kushala) Sharp  
[yogawithkushala@gmail.com](mailto:yogawithkushala@gmail.com)

### **For more Information:**

[https://svaroopaa.org/  
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therapy-240726-dover-  
de](https://svaroopaa.org/intro-to-yoga-therapy-240726-dover-de)



*Svaroopaa*® Vidya Ashram