

FREE PROGRAM

Intro to Yoga Therapy

with Swami Shrutananda

Saturday July 27 2024

10:00 – 11:30 am

Unlock your innate healing potential through *Svaroopa*® 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.



Location:

Rehoboth Beach Yoga
20245 Bay Vista Rd Ste 101,
Rehoboth Beach DE

Host:

Karen Brennan

Register Here:

[https://rby.punchpass.com/
classes/14961110](https://rby.punchpass.com/classes/14961110)

For more information:

[https://svaroopa.org/
intro-to-yoga-therapy-
rehoboth-beach-
de-240727](https://svaroopa.org/intro-to-yoga-therapy-rehoboth-beach-de-240727)

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."

