



## 2024 Programs

# Self-Discovery

Finding your inner depths, making outer differences and recognizing the source both inside and outside.

| BEGINS              | TITLE                                  | TYPE                 | LOC. |
|---------------------|--|----------------------|------|
| <b>January 2024</b> |  |                      |      |
| Jan 9               | Yoga Healing Retreat                   | Therapeutics Retreat | 📍🌐   |
| <b>February</b>     |  |                      |      |
| Feb 3               | Yoga Teacher Training – Level 2        | YTT                  | 📍    |
| Feb 6               | YogaBody Classroom Therapeutics        | EYTS                 | 📍🌐   |
| Feb 11              | Shavasana Course                       | Practices Intensive  | 🌐    |
| <b>March</b>        |  |                      |      |
| Mar 1               | Yoga Healing Retreat                   | Therapeutics Retreat | 📍🌐   |
| Mar 7               | Gurudevi's Shivaratri Chanting Retreat | Practices Retreat    | 📍🌐   |
| Mar 11              | Leading Guided Meditations Training    | MTT                  | 🌐    |
| Mar 19              | Foundations of <i>Svaroopaa</i> ® Yoga | YTT                  | 📍    |
| Mar 21              | MTT TuneUp (Online classes begin)      | MTT                  | 🌐    |
| Mar 24              | Foundations Extension                  | YTT                  | 📍    |
| <b>April</b>        |  |                      |      |
| Apr 16              | Yoga Healing Retreat                   | Therapeutics Retreat | 📍🌐   |
| <b>May</b>          |  |                      |      |
| May 2               | Knots in Your Neck                     | EYTS                 | 📍    |
| May 16              | Leading Guided Meditations Training    | MTT                  | 🌐    |
| May 17              | Shaktipat Retreat                      | Practices Retreat    | 📍🌐   |
| <b>June</b>         |  |                      |      |
| Jun 4               | MTT TuneUp (Retreat begins)            | MTT                  | 📍    |
| Jun 20              | PYT 463 – Neck & Shoulders             | PYT                  | 📍    |

| BEGINS           | TITLE  | TYPE                | LOC. |
|------------------|--|---------------------|------|
| <b>July</b>      |  |                     |      |
| Jul 16           | Vowed Members Retreat                              | Practices Retreat   | 📍    |
| <b>August</b>    |  |                     |      |
| Aug 4            | Yoga Teacher Training – Level 4                    | YTT                 | 📍    |
| Aug 13           | YogaBody Classroom Therapeutics                    | EYTS                | 📍🌐   |
| Aug 31           | <i>Embodiment</i> ® Therapist Training (Australia) | YTT                 | 📍    |
| <b>September</b> |  |                     |      |
| Sep 10           | Foundations of <i>Svaroopaa</i> ® Yoga             | YTT                 | 📍    |
| Sep 15           | Foundations Extension                              | YTT                 | 📍    |
| Sep 17           | Meditation Group Leader Training                   | MTT                 | 📍    |
| Sep 27           | Shaktipat Retreat                                  | Practices Retreat   | 📍🌐   |
| Sep 29           | Blue Pearl Retreat                                 | Practices Retreat   | 📍    |
| <b>October</b>   |  |                     |      |
| Oct 20           | Deceptive Flexibility 1                            | EYTS                | 📍    |
| Oct 30           | Poses for Meditation Teachers                      | YTT                 | 📍    |
| <b>November</b>  |  |                     |      |
| Nov 3            | Shavasana Course                                   | Practices Intensive | 🌐    |
| Nov 5            | Meditation Teacher Training                        | MTT                 | 📍    |
| Nov 29           | Shaktipat Retreat (Australia)                      | Practices Retreat   | 🌐    |
| <b>December</b>  |  |                     |      |
| Dec 10           | Leading Short Meditations Training                 | MTT                 | 📍    |
| Dec 30           | 2025 New Year's Retreat                            | Practices Retreat   | 📍🌐   |

📍 Course offered onsite in Downingtown, PA unless another location is specified

🌐 Course offered online in Eastern Time

EYTS — Enrich Your Teaching Skills

MTT — Meditation Teacher Training

PYT — Professional Yoga Therapist Training

YTT — Yoga Teacher Training

Published January 1 2024. Dates subject to change without notice.

Copyright © 2024, *Svaroopaa*® Vidya Ashram, All Rights Reserved. SVAROOOPA® and EMBODYMENT® are registered service marks of *Svaroopaa*® Vidya Ashram.