



Svaroopaa[®] YOGA  MEDITATION



Advanced Trainings **2018**

Advanced Teacher Certifications

Yoga Therapist Certification

Specialty Yoga Certifications

Meditation Teacher Certifications

Continuing Ed (EYTS Programs)



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Are You Ready?

“Oh my gosh, go! You will open your students to an even deeper, richer level of Being, and they are so very ready.”

— Shivaani (Deborah) Woodward

Become one of the most qualified yoga teachers and yoga therapists in the world. Dive deep into our full-spectrum training, exploring the depth of the ancient texts as well as the deepest levels of asana and healing.

- As an Advanced Teacher, you interweave yoga philosophy into your classes along with an expanded knowledge of the body and more advanced poses.
- As a Yoga Therapist, you dramatically improve your clients’ healing process.
- As a Meditation Teacher, you open people to a whole new dimension of their own being, empowering them into a new way to live.

Choose amongst 18 advanced certifications. Earn a new certificate at each level of mastery, a single certification or set a trajectory through a cornucopia of additional trainings. Teach and live the complete practice of *Svaroopaa*® yoga.

Our advanced trainings begin where most professional trainings end, taking you to a deeply satisfying level of mastery that changes many peoples’ lives. After your Foundations immersion, you may begin training as a yoga therapist and/or meditation teacher. After Yoga Teacher Training 2 (YTT 2), some advanced trainings are available, with many more after YTT 4. Specialty trainings make you able to reach more people, including elder yogis, people with chronic pain, pregnant moms, and experienced yogis who want to explore the bliss of consciousness.

Expand your class offerings and your private session practice. See your professional and personal dreams come true!

Svaroopaa® Yoga: The Ultimate Practice

Our sophisticated methodology works with distinctly human abilities to cultivate the ultimate human experience — the knowing of your inherent Divinity. This is called freedom. Beginning with wholeness, *Svaroopaa*® yoga is the ultimate practice that yields the ultimate benefit.

High-Level Training

“It was the deepest training I’ve taken, so effective and informative. My body and mind changed during the training, being so much more open and grounded in the training and ashram setting.”

— Sandy VanOosten

Our trained teachers offer classes on three continents, supported by SATYA, a teacher organization with the most generous benefits of any in the West. Our Continuing Education standards are rigorous, supporting your high quality of teaching, due to the precision of our practice, rightly called “laser-beam yoga.”

A Certified *Svaroopaa*® Yoga Teacher (CSYT) has completed 661 hours of training, far exceeding the national standard of 500 hours. You have the equivalent of a Bachelor’s Degree in yoga. When you begin Advanced Training, it’s like you are doing graduate work, benefitting both you and your students.

Choose from four areas of advanced training or work on multiple levels simultaneously:

Teaching Advanced Levels — Teach advanced poses in yoga classes as well as advanced levels of practice. Your students gain deeper core openings, both in their body and their being. Learn to include teachings from the ancient texts to support your students’ rapid yogic progress, outside and inside.

Personal Yoga Therapy — Work with clients one at a time, custom designing a therapeutic pose sequence, utilizing highly sophisticated variations and adjustments. Guide them through a quiet questioning process, unraveling the deeper mental and emotional tensions as well as opening them to deeper inner levels of perception and beingness.

Specialty Yoga Certifications — Expand to teaching groups with specialized interests, including Pregnancy Yoga, Yoga for Your Back, Seniors Yoga and more. Acquire the ability to adapt the poses to students’ needs, moving them through a yogic process that improves their physical condition and their inner state.

Meditation Teacher Training — First you deepen your own meditation and understanding of Self, then you learn to lead others to this profound experience within themselves. Teach the highest teachings while you share the Grace of our Kashmiri Shaivite tradition, by working with the mind — to go beyond the mind.

Certification Levels

“I could see just how well these trainings are organized with each piece orchestrated to build on the pieces that came before. I really honor and appreciate the efforts and love involved.”

— Louise Davis

Think of this as a menu or a catalog from your yoga-university. Explore each of these certifications by reading about them in Section 1; then follow them through to the individual courses described in Section 2. Chart the stairsteps of your future and the future of those whom you teach and serve.

Teaching Advanced Levels
Certified in Yoga Classroom Therapeutics
Certified Deeper Yoga Teacher
Certified Vinyasa Teacher
Certified Beginner’s Bliss Yoga Teacher
Certified Advanced Bliss Yoga Teacher
Certified Weekend Workshop Leader
Certified Advanced Yoga Teacher

Professional Yoga Therapist
Certified <i>Embodiment</i> ® Yoga Therapist
Certified Yoga Therapist (IAYT)

Specialty Yoga Certifications
Certified Half-Day Workshop Leader
Certified Pregnancy Yoga Teacher
Certified Yoga for Your Back Teacher
Certified Seniors & Adaptive Yoga Teacher

Advanced Levels
Certified Discussion Group Leader
Certified <i>Svaroopaa</i> ® Vidya Meditation Teacher
Certified Vichara Therapist
Certified Meditation Group Leader
Certified Short Meditations Teacher
Certified Sutras & Philosophy Teacher

“The programs are so full, so well prepared and built up. I love it all.”

— Medhira (Trine) Larsen

Professionalism

“This is a superb program of the highest level of professionalism.”

— Wendy Hickey

SATYA Member in Current Standing

Advanced Trainings are available only to SATYA members in current standing. Your membership demonstrates your commitment to professionalism while it also maintains your skills and perspective as a teacher and therapist. While it is easy to join SATYA at any time, you may need to do some planning in order to maintain or return to current standing. Our Enrollment Advisors are happy to help you find the pathway that best serves you. Email programs@svaroopayoga.org or phone 610.806.2119.

Prerequisites & Preparation

What you have already studied is your starting point for your next level of knowledge. Fulfilling prerequisites means that everyone else in the training has a similar level of expertise as you. This makes it possible to expand into new curriculum from the very first day. Due to our 2016 streamlining, many courses have been streamlined and renamed; refer to our list of course equivalencies for how your prior trainings dovetail into our streamlined curriculum.

Simply doing a prior training, even with continuing the practices in your own body, does not fully prepare you for your next level of training. Your expertise comes from having professionally utilized what you learned in your previous trainings, thus our trainings require that you have put those tools to work in a tangible and practical way. We call this “Preparation,” which is in addition to your prerequisites. Having completing your Preparation makes it easier for you to learn the new level of practices and teachings.

Preparation has been very successful with PYT 262 Treating Pain: for ten years, students have been doing 50 *Embodiment*® sessions to prepare to study at this level. They consistently thank us for the assignment, citing their deeper understanding of what they already had learned, plus describing that they easily made the money to pay for their ATT course.

¹PYT — Professional Yoga Therapist; PYT 262 was previously numbered ATT 262 and is the same 7-day training.

Grades & Certification Eligibility

Develop your Teaching Skills (DTS) is integral to your professional training, both in Yoga Teacher Training (YTT) and Advanced Teacher Training (ATT). DTS is your at-home mentored self-study program, specifically designed to help you clarify and demonstrate your mastery of the course material as well as apply it in the real world.

“The program was incredible. I can’t imagine being an effective teacher without having the continued learning experience of DTS.”

— Linda Willerton

When you successfully complete your DTS Mentorship Program, you get credit for both your ATT course and DTS. This makes you eligible for the related certification level or the next course in the curriculum. Without the successful completion of DTS, you are not prepared for certification or for your next level of training, thus your training does not appear on a transcript, even if you received a “Pass” on the training itself.

You receive two grades — for your in-person training and for DTS. Most ATT students do very well and easily get a grade of “Pass.” If you receive a “Pass with Conditions,” we have determined that you need additional support to attain mastery; we recommend another course or mentorship as “Conditions” which must be met within 3 months from the date of your grade. If you receive a grade of “Incomplete” or “No Pass,” we will recommend a Personal Study Plan to help you fill in any gaps in your knowledge before you repeat the in-person training and DTS.

“DTS was very valuable. It enriched the whole learning process and helped me develop more confidence as a teacher.”

— Anonymous

We are committed to supporting you in becoming skilled at the levels where you want to work, and we commit to being creative and flexible in helping you meet those requirements.



Section 1: Certifications

Yoga Teacher Training (YTT)

Four certifications are available in our Yoga Teacher Training programs:

Certified Svaroopa® Yoga Intro Teacher (CIT)

after Foundations of Svaroopa® Yoga

Certified Svaroopa® Yoga Basics Teacher (CBT)

after YTT 2 & DTS 2

Certified Embodiment® Yoga Therapist (CET)

after Embodiment® Yoga Therapy Training

Certified Svaroopa® Yoga Teacher (CSYT)

after YTT 4 & DTS 4, Radical Anatomy and Embodiment® Yoga Therapy Training

These stairstep certifications document your increasing levels of expertise for an employer or organization interested in your yoga classes and Embodiment® therapy sessions. Yoga Alliance recognizes your certifications in this way:

RYT 200

Certified Svaroopa® Yoga Basics Teacher (CBT)

RYT 500

Certified Svaroopa® Yoga Teacher (CSYT)

Advanced levels of training secure a new level of professionalism as well as your deepening as a yogi. At this time, no governing bodies acknowledge your training as an advanced teacher or meditation teacher. Yoga therapy certification is recognized by IAYT (International Association of Yoga Therapists), who is currently reviewing our application for accreditation. We expect to complete this process in 2017, providing you with official recognition of your training and qualifications.

“I was there for a teaching training and not only did I learn so much and feel ready to apply those skills as a teacher, I can apply what I learned in my own life. Every time I come to the program I feel enveloped with love and support.”

– Chiti (Casey) Aion



Svaroopa® Yoga:

Multi-Dimensional Healing

Your physical changes are profound and reliable, yet the inner transformation that gives you a new way of seeing is much more important. Your own life and the world begin to look perfect, even though it is the same world that used to drive you crazy.

Teaching Advanced Levels

“Because of the richness and fullness the training offers, propelling you to the next level, you are truly supported all the way! I am excited to share these new teachings with my deeper students.”

— Padma (Susan) Wardle-Mitchell

Certified in Yoga Classroom Therapeutics

Learn amazing techniques to help students who have trouble in the poses during yoga class. Specialized propping, pose angles and especially adjustments — amazing adjustments! Everyone in your class will benefit from your expanded ability to see what their body needs and provide personalized help or instructions that move them through their blocks.

Prerequisite: YTT and DTS for each related YCT Level; complete your CSYT in order to be certified.

Curriculum: 5 – 7 day trainings & at-home DTS: Yoga Classroom Therapeutics 1, 2, 3 & 4

Yoga Text Studied: Selected sutras

Certified Deeper Yoga Teacher

Teach powerful new poses and variations as well as learn amazing new adjustments. Offer contemplations directly from Patanjali’s *Yoga Sutras*, significantly expanding your students’ understanding of yoga and of themselves. Take your continuing level students to new depths. Inspire your more dedicated students in deliciously longer classes.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, Radical Anatomy, Yoga Classroom Therapeutics 1 & 2 and DTS for each

Curriculum: 5-day Deeper trainings & at-home DTS in: Lower Spinal Release, Heart Openers, Abs, Backbends, and Standing Poses

Yoga Text Studied: *Patanjali’s Yoga Sutras*

Certified Vinyasa Teacher

Teach our Warrior Vinyasa and other series of poses linked with breath. Develop more strength and flexibility while deepening your core opening and inner state — a whole new way to live in your body and in the world. Teach your students advanced practices as a consciousness-flow rather than a mere physical feat. It is physical. And it is more than physical.

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, Certified *Svaroopa*® Deeper Yoga Teacher

Curriculum: 5-day Deeper trainings & at-home DTS in: Vinyasa and Warrior Vinyasa

Yoga Text Studied: *Bhagavadgita*

Certified Beginners Bliss Yoga Teacher

“It moved at a more leisurely pace than I expected, which supported the unfolding and expansion of bliss. And I learned so much! I’m thoroughly prepared to teach Beginners Bliss.”

— Rukmini (Maria) Abbruzzi

Dive into the most advanced level of *Svaroopa*® yoga — Bliss Yoga, beginning with the first stage: Beginner’s Bliss. Deliver your students into the bliss of the Self through a specialized class format, as well as pose variations and advanced adjustments. Develop and sustain your own yogic state while you are teaching.

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics

Curriculum: 5-day Deeper trainings & at-home DTS in: Lower Spinal Release, Forward Bends, Twists & Seated Poses, and Beginners Bliss Yoga

Yoga Texts Studied: *Vijnana Bhairava*, *Vivekachudamani* and Narada’s *Bhakti Sutras*

Certified Advanced Bliss Yoga Teacher

Lead students deeper into bliss than ever, especially with the subtleties of their yogic breathing practice. Further your ability to guide others while you are in your own state of inner bliss. Transform your students’ minds and hearts by opening their bodies, minds, and hearts simultaneously. Further develop their yogic state with poetic and beautiful contemplations.

Prerequisite: Certified *Svaroopa*® Yoga Beginners Bliss Teacher

Curriculum: 5-day Deeper training & at-home DTS in: Advanced Bliss Yoga

Yoga Texts Studied: *Vivekachudamani* and Narada’s *Bhakti Sutras*

Certified Weekend Workshop Leader

Give people an experience that surpasses all their hopes and expectations. Make the teachings of yoga’s ancient and modern sages personal and personable, preparing your discourses based on your own learnings and experiences. Tap into your creativity, taking lesson planning to a whole new dimension, while learning how to lead partner-poses and incite people’s interest in doing more yoga.

Prerequisites: Certified *Svaroopa*® Yoga Deeper Teacher, Certified *Svaroopa*® Yoga Beginners Bliss Teacher, Certified *SvaroopaVidya*® Meditation Teacher

Curriculum: 5-day Deeper training & at-home DTS in: Leading Weekend Workshops

Yoga Text Studied: Published writings of the Masters of our lineage

Certified Advanced Teacher

Develop increasing mastery over your body and lead your students to a whole new level of health and vitality. The teaching themes you study and share at this level are dramatically more effective, both for physical change as well as increased spiritual depth and resonance.

Prerequisite: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, Certified *Svaroopa*® Yoga Deeper Teacher

Curriculum: 5-day Deeper trainings & at-home DTS in: Forward Bends, Neck & Shoulders, Twists & Seated Poses, Balance & Inversions, and Classical Poses

Yoga Text Studied: *Shiva Sutras*

Svaroopa® Yoga: Bliss Arises from Within

Your essence is Consciousness-Itself. Svaroopa® yoga dissolves the inner blocks that hide your own Self. Even a hint or a glimpse of Self opens the inner flow of bliss, which expands to fill your heart and mind and overflows into your life and the world.

Professional Yoga Therapist

Certified *Embodiment*® Yoga Therapist

Receive more spinal opening than in any other training, as you give and receive sessions every day guided by our Teacher Trainers. You will deepen your understanding of the anatomy of the spine. This course significantly expands and uplifts your teaching abilities as well and prepares you to give private sessions, which radically increases your income potential.

Prerequisite: Foundations of *Svaroopa*® Yoga

Curriculum: 5-day training & at-home DTS: *Embodiment*® Yoga Therapy Training

Yoga Text Studied: Patanjali's *Yoga Sutras*, *Pratyabhijñāhrdayam*

Certified *Svaroopa*® Yoga Therapist

"The therapy is highly effective. The sutra studies and meditations took me to a deeper level too. I expect my private client base will increase. The program was perfect."

— Abby Chemers

Expand your therapeutic techniques and watch your clients heal! The specialized poses and advanced *Embodiment*® techniques are augmented by the way you engage their mind in their healing, using vichara self-inquiry techniques while they are in the poses. Gain a profound understanding of the healing process and how to guide them through it smoothly and easily.

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT) & Certified in Yoga Classroom Therapeutics

Curriculum: 7-day trainings & at-home DTS in: Professional Yoga Therapy (PYT) 262 Treating Pain, PYT 463 Neck & Shoulders, and PYT 464 Spine, Knees & Feet

Yoga Text Studied: Patanjali's *Yoga Sutras*, *Pratyabhijñāhrdayam*

Specialty Yoga Certifications

Certified Half-Day Workshop Leader

"I gained so much professionally and personally. I learned to teach Half-Day Workshops which will help my yoga business, I got the chance to get some helpful and much needed reviews of poses I don't teach as often and I got incredibly deep personal openings."

— Kalyani (Evy) Zavolas Wallis

Take your students deeper by expanding your teaching skills, which also enhances your income potential. Learn poses to use in your 3-hour pose workshops, along with variations and adjustments that make the experience meaningful for your students. Develop your understanding of how to create teaching themes that empower your students to take yoga into their life.

Prerequisite: Certified *Svaroopa*® Yoga Basics Teacher (CBT)

Curriculum: 5-day training & at-home DTS in: Specialty Training (SPC) Leading Half-Day Workshops

Certified Pregnancy Yoga Teacher

Teach mothers-to-be as well as those hoping to conceive. Offer Pregnancy Yoga classes, and be able to serve pregnant mothers in your regular classes through specialized teaching protocols. Make pregnant moms more comfortable during their pregnancy and significantly ease their labor, delivery, and recovery. Teaching pregnancy yoga is a heart-opening experience — for both teacher and mother-to-be.

Prerequisite: Certified *Svaroopa*® Yoga Basics Teacher (CBT)

Curriculum: 10-day training & at-home DTS in: SPC Teaching Pregnancy Yoga

Yoga Text Studied: Selected sutras

Certified Yoga for Your Back Teacher

Offer a "Yoga for Your Back" course for people with back, neck and shoulder pain. Learn to handle their physical needs as well as how to help them with their mind, especially when it gets trapped in the pain cycle. Get them beyond mere maintenance to true healing.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, Yoga Classroom Therapeutics 1 & 2 and DTS for each

Curriculum: 5-day training & at-home DTS in: SPC Teaching Yoga for Your Back

Certified Seniors & Adaptive Yoga Teacher

"Take a look at your current student base, you will recognize that you have more gentle yogis than you realize. This course will give you many ways of working with that population and making them more comfortable and consistent students."

— Margo Gebraski

Bring specialized poses, propping and variations for those who are ill, recovering from an injury, or dealing with genetics and age. Learn to transform a gentle yogi into a Continuing Level yogi, moving them to doing things in yoga and in life that they never imagined possible!

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, Certified Yoga for Your Back Teacher

Curriculum: 5-day training & at-home DTS in: SPC Teaching Seniors & Adaptive Yoga

Meditation Teacher Certifications

Certified Discussion Group Leader

Lead a discussion group to help your students understand the deeper experiences that they are already having. Inspire them to recognize their yoga experiences and carry them into their life. Facilitate their sharing of breakthroughs with each other and with you. Use this program to build and strengthen your yoga community. The relationships they establish in the discussion group will motivate their continuing commitment to classes and deepen their understanding of yoga's application in their life.

Prerequisite: Certified *Svaroopā*® Yoga Intro Teacher (CIT)

Curriculum: Leading a Discussion Group (telephone course with five 2-hour conference calls)

Certified *Svaroopā*® Vidya Meditation Teacher

“This is the best training I’ve ever taken at the ashram. It’s full of the deepest practices and teachings. The days are deliciously full of the Guru Gita, cosmic downloads from Swamiji, lots of meditation and lots of practice and feedback from classmates. Absolutely amazing!”

— Saguna (Kelly) Goss

Profoundly deepen your own inner experience while you are preparing to teach others. Learn to offer a Meditation Course with three class meetings, in which you give your students tools to make their meditation deep and easy from the beginning. Guide your students deeper than ever before.

Prerequisites: Shishya Member, Foundations or Foundations Review & Shaktipat retreat within the prior 18 months

Curriculum: 12-day training & at-home DTS: *Svaroopā*® Vidya Meditation Teacher Training

Certified Vichara Therapist

The mind is very tricky! Dealing with your own is hard enough, but supporting students and clients through the process is even more challenging. Our guided self-inquiry process clears the “stuff” out of mind and heart, whether you are offering vichara in private sessions or using it for yourself.

Prerequisites: Certified *Embodiment*® Yoga Therapist, Certified Discussion Group Leader, and Shaktipat Retreat with Swami Nirmalananda

Curriculum: 5-day training & at-home DTS: Vichara Therapist Training

Certified Meditation Group Leader

Offer a wonderful gift to everyone and to the world. *Svaroopā*® Vidya meditation satsangs are seva opportunities that are profoundly transformative, serving others in the way that Swami Nirmalananda serves us. Lead others in deepening their experience of the Grace flowing through *Svaroopā*® Vidya. Learn how to draw on it and describe it to others, as well as how to support their process as Kundalini blossoms within them.

Prerequisite: Shishya Member, Certified *Svaroopā*® Vidya Meditation Teacher

Curriculum: 7-day training & at-home DTS: Meditation Group Leader Training

Certified Short Meditations Teacher

Lead short meditations for groups that are new to meditation. These programs are wonderful community service programs, intros to promote your meditation course or to offer as part of a retreat or program taught by another teacher. The ease and power of their meditation experience will inspire them to continue at home or to come in for more training.

Prerequisite: Certified *Svaroopā*® Vidya Meditation Teacher

Curriculum: 3-day training & at-home DTS: Leading Short Meditations

Certified Sutras & Philosophy Teacher

Lead others more deeply into the intricacies of the sutras, getting beyond Sanskrit terminology to the experience described. Studying sutras under the guidance of an authorized Master enlivens your understanding and brings these ancient truths to life. Swami Nirmalananda focuses on different texts in different years, with prerequisites determined by the complexity of the text. These trainings are announced 12-18 months in advance.

Prerequisite: Certified *Svaroopā*® Vidya Meditation Teacher

Curriculum: 5-10 day trainings & at-home DTS in various yogic texts



At A Glance

This listing shows your options succinctly. Most trainings are 5 days long, with a few lasting 7 days or longer. A stairstep curriculum, you will find many trainings that move you toward multiple certifications simultaneously.

Certification	Prerequisites	Trainings & DTS
Intro Teacher (CIT)	None	Foundations of <i>Svaroopā</i> ® Yoga
Basics Teacher (CBT)	Foundations	YTT 1 & YTT 2
<i>Embodiment</i>® Yoga Therapist	Foundations	<i>Embodiment</i> ® Yoga Therapy
Certified <i>Svaroopā</i>® Yoga Teacher (CSYT)	Basics Teacher (CBT)	YTT 3, Radical Anatomy, <i>Embodiment</i> ®, YTT 4
Yoga Classroom Therapeutics	YTT 1, YTT 2, YTT 3, YTT 4	YCT 1, YCT 2, YCT 3, YCT 4
Deeper Yoga Teacher	YTT 1 & 2, YCT 1 & 2, <i>Embodiment</i> ®, Radical Anatomy	DPR: Lower Spinal Release, Abs, Heart Openers, Backbends, Standing Poses
Vinyasa Teacher	CSYT, YCT4, Deeper Yoga Teacher, Yoga for Your Back Teacher, Seniors & Adaptive Yoga Teacher	DPR: Vinyasa, Warrior Vinyasa
Beginner's Bliss Yoga Teacher	CSYT, Yoga Classroom Therapeutics, Forward Bends, Twists & Seated Poses	DPR: Lower Spinal Release plus BLS: Beginners Bliss
Advanced Bliss Yoga Teacher	Beginner's Bliss Yoga Teacher	BLS: Advanced Bliss
Weekend Workshop Leader	Deeper Yoga Teacher, Beginner's Bliss Yoga Teacher	DPR: Leading Weekend Workshops
Advanced Yoga Teacher	CSYT, Yoga Classroom Therapeutics, Deeper Yoga Teacher	DPR: Forward Bends, Neck & Shoulders, Twists & Seated Poses, Balance & Inversions, Classical Poses
Yoga Therapist (IAYT)	Certified <i>Svaroopā</i> ® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics	PYT: 262 Treating Pain, 463 Neck & Shoulders, 464 Spine Knees & Feet
Half-Day Workshop Leader	Basics Teacher (CBT)	SPC: Leading Half-Day Workshops
Pregnancy Yoga Teacher	Basics Teacher (CBT)	SPC: Teaching Pregnancy Yoga
Yoga for Your Back Teacher	Basics Teacher (CBT), YCT 1 & 2, <i>Embodiment</i> ®	SPC: Teaching Yoga for Your Back
Seniors & Adaptive Yoga Teacher	CSYT, YCT 4, Yoga for Your Back Teacher	SPC: Teaching Seniors & Adaptive Yoga
Discussion Group Leader	Certified Intro Teacher (CIT)	MTT: Leading a Discussion Group
<i>Svaroopā</i>® Vidya Meditation Teacher	Foundations or Foundations Review and Shaktipat retreat within 18 months	MTT: Meditation Teacher Training
Vichara Therapist	<i>Embodiment</i> ®, Discussion Group Leader, Shaktipat Retreat with Swami Nirmalananda	MTT: Vichara Training
Meditation Group Leader	Certified <i>Svaroopā</i> ® Vidya Meditation Teacher	MTT: Meditation Group Leader Training
Short Meditations Teacher	Certified <i>Svaroopā</i> ® Vidya Meditation Teacher	MTT: Leading Short Meditations
Sutras & Philosophy Teacher	Certified <i>Svaroopā</i> ® Vidya Meditation Teacher	MTT: Various Sutra Courses

Section 2: Course Descriptions

Types of Trainings

- BLS — Bliss Yoga Teacher
- DPR — Deeper Yoga Training
- PYT — Professional Yoga Therapist
- SPC — Specialty Certifications
- YCT — Yoga Classroom Therapeutics
- YTT — Yoga Teacher Training

YCT — Yoga Classroom Therapeutics

YCT: Yoga Classroom Therapeutics 1, 2, 3 & 4

Be able to help a yoga student who cannot do things you take for granted. Every pose has a quick trick, an extra prop, an adjustment or variation that will make yoga accessible to them. Learn how to help the yogis who need extra help. A YCT training is available for each of our YTT programs. Each Level covers classroom therapeutics for the DTS themes included in the YTT training:

YCT 1 — 5-day training & DTS for: Daily Practice and Core Opening

YCT 2 — 5-day training & DTS for: Abdominals, Backbends, and Standing Poses

YCT 3 — 7-day training & DTS for: Forward Bends, Neck & Shoulders, and Balance & Inversions

YCT 4 — 7-day training & DTS for: Classical Poses, Vinyasa, and Seated Poses & Twists

DPR — Deeper Yoga Trainings

DPR: Lower Spinal Release

“This is an excellent training that ties together a lot of previous training. It is physically challenging and I really value that. The participants all grew and changed significantly.”

— Kemm Sarver

If you have been teaching for a year or two, your students are ready for you to take them deeper. Don't hold them back, nor yourself. When you take this training, you are able to teach longer classes including amazing new poses and variations. Help your students discover a new way to live in their body as well as a new way of being present to their own svaroopaa, their own Divine Self.

Yoga Text Studied: Patanjali's *Yoga Sutras*

Prerequisites: Certified *Svaroopaa*® Yoga Basics Teacher (CBT), successful completion of YCT 1 & 2 and DTS for each

Preparation: You have taught all YTT DTS themes within the previous two years.

DPR: Abs

Everything you've found in your body before is preparation for a new clarity about your abdominal muscles and your spinal muscles. Discover the power of “hollowing” and its healing effect on your digestion. Carry your new clarity into more challenging poses. Expand your ability to lead students through the empowerment that Deeper Yoga abdominals provides.

Yoga Text Studied: Patanjali's *Yoga Sutras*

Prerequisites: Certified *Svaroopaa*® Yoga Basics Teacher (CBT), successful completion of YCT 1 & 2 and DTS for each

Preparation: You have taught at least 12 Continuing Yoga classes within the previous six months.

DPR: Heart Openers

Delve into heart openers like never before. Let new poses, adjustments and variations make significant changes through your upper spine and dissolve the knot behind your heart, which heals your neck and shoulders. Go back to your students with supported and active poses for this problem area.

Yoga Text Studied: Patanjali's *Yoga Sutras*

Prerequisites: Certified *Svaroopaa*® Yoga Basics Teacher (CBT), successful completion of YCT 1 & 2 and DTS for each

Preparation: You have taught at least 12 Deeper Yoga classes within the previous six months.

DPR: Backbends

These are the hardest poses, as well as the most significant for bringing yoga into your life. Explore how to get spinal opening both in challenging poses and in challenging life circumstances. Unravel the tensions that cause your body to crunch forward as you age. Explore more Yoga Sutras and how to share these profound teachings in the midst of your classes.

Yoga Text Studied: Patanjali's *Yoga Sutras*

Prerequisites: DPR Lower Spinal Release, DPR Abs, and DPR Heart Openers and DTS

Preparation: You have taught at least 12 Deeper Yoga classes within the previous six months.

DPR: Standing Poses

Develop your ability to do working poses while getting spinal release. Lead your students to this amazing level of physical mastery, one that makes them able to do physically challenging things in a whole new way. More advanced poses and variations are augmented by paradigm shifting adjustments that move your Deeper Yogis along quickly.

Yoga Text Studied: Patanjali's *Yoga Sutras*

Prerequisites: DPR Backbends and DTS, Radical Anatomy and *Embodiment*®

Preparation: You have taught at least 12 Deeper Yoga classes within the previous six months.

For information, including preparation, please contact the enrollment advisors or visit svaroopaa.org

DPR: Vinyasa

Teach official *Svaroopa*® yoga vinyasas (continuous series of connected poses) in different Themes, including Neck & Shoulders, Abdominals and Classical Poses. Understand and communicate the principle of spinal release in the midst of activity. Teach your students to live a courageous life by discovering the inner source that empowers them to live in the world as a yogi.

Yoga Text Studied: *Bhagavadgita*

Prerequisite: Certified *Svaroopa*® Yoga Deeper Teacher

Preparation: In the previous twelve months, you have taught at least three classes in each of these YTT DTS themes — Abdominals, Standing Poses, Classical Poses, and Vinyasa.

DPR: Warrior Vinyasa

It is especially our Warrior Vinyasa that blasts you to the next level, with all six directions of movement, elegant choreography, physical challenge, balance, strength and flexibility. Develop your students' experience of the full spectrum of *Svaroopa*® yoga with the marriage of continuous movement and deep inner experience. Transform their body, mind and life in the world.

Yoga Text Studied: *Bhagavadgita*

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, & DPR Vinyasa and DTS

Preparation: In the previous twelve months, you have taught at least twelve Deeper Yoga classes with Deeper Vinyasas.

DPR: Leading Weekend Workshops

“A training like no other, with long yoga practices where you really get to dive in to familiar poses, and experience them in a whole new way, a deeper way.”

— Padma (Susan) Wardle-Mitchell

Lead weekend workshops providing a deep experience of *Svaroopa*® yoga poses as well as sutras and meditations. Expand your earning potential while you expand everyone's yogic experience. You create your own themes and design your own curriculum, integrating all the yogic sciences together in a cohesive whole. Expand your professional skills with a sweet focus on interweaving all aspects of yoga together in a delicious weekend immersion.

Yoga Text Studied: Published writings of the Masters of our lineage

Prerequisites: Certified *Svaroopa*® Yoga Deeper Teacher, and Certified *Svaroopa*® Yoga Beginners Bliss Yoga Teacher

Preparation: You have taught at least 16 Deeper Yoga classes within the previous six months.

DPR: Forward Bends

Forward bends provide radical and integrated transformations. This training develops your mastery of advanced forward bends, seated as well as standing. These poses combine with your study of the *Shiva Sutras* to take you into the yogic experience of surrender. More than any other practices, forward bends give an interwoven body-mind-emotion-consciousness experience that radically alters your understanding of the ultimate attainment that yoga offers.

Yoga Text Studied: *Shiva Sutras*

Prerequisites: YTT 3, YCT 3, DPR Lower Spinal Release and DTS from each

Preparation: You have taught at least 16 Deeper Yoga classes within the previous six months.

DPR: Neck & Shoulders

Teach advanced poses for neck and shoulders, carrying what you learned in DPR Heart Openers to a new level. This is how to use advanced poses to affect your whole spine simultaneously, because your neck and shoulders improve only when your whole spine improves. Dive more deeply into the *Shiva Sutras*, sharing these mystical teachings with your students. All the while, you'll be lengthening your tail (for freedom from fear) and opening the connection between your head and heart.

Yoga Text Studied: *Shiva Sutras*

Prerequisites: YTT 3, YCT 3, DPR Lower Spinal Release and DTS from each

Preparation: You have taught at least 16 Deeper Yoga classes within the previous six months.



DPR: Twists & Seated Poses

“Deep yoga poses, partner exchanges and chant and meditation made this a truly wonderful course.”

— Jyoti (Rebecca) Yacobi

Discover the extraordinary power of seated poses. Expand your knowledge of YTT twists, plus learn new twists, new variations and advanced adjustments. Develop your ability to dive deeper into the Bliss of your own Being as you teach your students from that deep inner state.

Yoga Text Studied: selections from *Vijñana Bhairava*

Prerequisites: successful completion of YTT2 & YCT2 with related DTS

Preparation: You have taught at least four classes in the Abdominals theme within the previous six months.

DPR: Balance & Inversions

Changes from these poses affect your life more directly and immediately than any other theme. Discover how to remain centered and balanced in challenging poses, using advanced teaching protocols and deep spinal release. Experience the life-changing power of inversions, giving you a new ability to see your life fully. Provide students with powerful tools that allow them not only to open their spines more deeply than ever before, but to see their lives and themselves from a new point of view.

Yoga Text Studied: *Shiva Sutras*

Prerequisites: DPR Forward Bends, DPR Neck & Shoulders and DTS from each

Preparation: You have taught at least four classes in the Balance & Inversions theme within the previous six months.

DPR: Classical Poses

Full poses, classical poses, like the photos in the books, instead of the variations we often teach. With all the preparation they have done, your Deeper and Advanced Yogis more ready than ever to take these poses to their fullest extent and most complete expression. Mind as well as body are profoundly affected by the deeper openings they can provide when properly done. Your teaching will help them find it!

Yoga Text Studied: *Shiva Sutras*

Prerequisites: Certified *Svaroopa*® Yoga Deeper Teacher, DPR Twists & Seated Poses, DPR Balance & Inversions and DTS from each

Preparation: You have taught at least four classes in the Classical theme within the previous six months.

BLS — Bliss Yoga Trainings

BLS: Beginner's Bliss Yoga

"My heart opened more in this training than in any other training to date."
— Pat Weaver

This training focuses on your bliss — because the effectiveness of a Bliss Class depends on your ability to be in bliss while teaching. This course radically expands your own inner experience and teaches you how to function while you're in that state. This course completes your Beginner's Bliss certification, so you can introduce the most advanced level of asana practice in *Svaroopa*® yoga to your students.

Yoga Texts Studied: Narada's *Bhakti Sutras* and *Vivekachudamani*

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, DPR Lower Spinal Release, DPR Forward Bends, and DPR Twists & Seated Poses and DTS from each

Preparation: You have taught at least 12 Deeper Yoga classes within the previous six months.

BLS: Advanced Bliss Yoga

"The time for morning classes, the pujas, the stories, chanting and meditation took me to a new level. The time spent on these practices do not correlate to the depth of the openings I experienced. A couple of hours provided lifetimes of understandings."
— Anonymous

Complete your certification as an Advanced Bliss teacher and learn to teach Bliss Yoga Weekends. Deepen your own state of bliss and your ability to carry that state into your teaching. Explore the most advanced techniques for Ujjayi Pranayama and how to use them with your most advanced students. Learn to take your students deeper into bliss, and teach them how to live with bliss as the internal foundation of their being.

Yoga Text Studied: Narada's *Bhakti Sutras* and *Vivekachudamani*

Prerequisites: Certified *Svaroopa*® Yoga Beginners Bliss Teacher

Preparation: You have taught at least 20 Beginners Bliss Yoga classes within the previous year.

PYT — Professional Yoga Therapist Trainings

PYT 262: Treating Pain

"I learned so much and have so many tools now to work with a broader range of clients."
— Kristine Curran

Learn how to treat private clients who are in pain, regardless of its cause. Understand the yogic approach to pain compared to the medical profession's approach to pain. Study sutras that explain the cause and treatment of pain. Develop your competency in bringing healing to your clients and rapidly advance their healing process.

Yoga Text Studied: selected sutras on pain

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), YCT 1 & 2, Certified *Embodiment*® Yoga Therapist

Preparation: You have given at least 50 *Embodiment*® sessions within the previous six months.

PYT 463: Neck & Shoulders

"This course gives more comprehensive & very helpful information to treat clients with neck & shoulders issues. It was perfect!"
— Ryoko Suzuki

Learn new therapeutic techniques for neck & shoulder problems, including specialized *Embodiment*® techniques, new poses, and advanced adjustments. Further your understanding of the healing process through deeper study of the Pratyabhijñāhrdayam. Help your clients begin healing the mental and emotional components of their condition through vichara techniques incorporated into their sessions. Increase your private clientele and the benefits you provide them through these deeper techniques.

Yoga Text Studied: *Pratyabhijñāhrdayam*

Prerequisites: PYT 262 and DTS, and Radical Anatomy

Preparation: You have received compensation for giving 50 yoga therapy sessions within the previous six months.

PYT 464: Spine, Knees & Feet

Complete your certification as a *Svaroopa*® Yoga Therapist. Prepare yourself to handle clients with more challenging conditions as well as taking experienced students and clients even deeper. Learn more anatomy as well as how *Svaroopa*® yoga works on the spine, knees and feet. Complete your study of the Pratyabhijñāhrdayam. Deepen your ability to support your clients in both their physical and emotional re-patterning.

Yoga Text Studied: *Pratyabhijñāhrdayam*

Prerequisites: PYT 463 and DTS

Preparation: You have received compensation for giving 50 yoga therapy sessions within the previous six months.

Svaroopa® Yoga: Deceptively Easy

Svaroopa® yoga gives you more than a workout does, but with less work. This yoga is leveraged. You don't think you did anything, yet you actually did more than ever before. You get huge results for a little bit of effort.



SPC — Specialty Yoga Trainings

SPC: Leading Half-Day Workshops

Take your students deeper by expanding your teaching skills, simultaneously enhancing your income potential. Learn to offer 3-hour workshops with variations and adjustments that make the experience delicious and meaningful for your students.

Prerequisites: Certified *Svaroopaa*® Yoga Basics Teacher (CBT)

Preparation: In the previous twelve months, you have taught at least three classes in each of these YTT DTS themes — Abdominals, Backbends, Standing Poses.

SPC: Teaching Pregnancy Yoga

Teach mothers-to-be as well as those hoping to conceive. Offer Pregnancy Yoga Classes, and be prepared to serve pregnant mothers in your regular classes with specialized teaching protocols. Make pregnant moms more comfortable during their pregnancy and significantly ease their labor, delivery, and recovery. Teaching pregnancy yoga is a heart-opening experience — for both teacher and mother-to-be.

Prerequisite: Certified *Svaroopaa*® Yoga Basics Teacher (CBT)

Preparation: In the previous twelve months, you have taught at least three classes in each of these YTT DTS themes — Abdominals, Backbends, Standing Poses.

SPC: Teaching Yoga for Your Back

Offer a “Yoga for Your Back” course for people with back, neck and shoulder pain. Learn to handle their physical needs as well as how to help them when their mind gets lost in the pain cycle. Get them beyond mere maintenance to true healing and a new way of living.

Prerequisites: Certified *Svaroopaa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, YCT 1 & 2 and DTS

Preparation: In the previous twelve months, you have taught at least three classes in each of these YTT DTS themes — Abdominals, Backbends, Standing Poses.

SPC: Teaching Seniors & Adaptive Yoga

“This course is deep on a personal level, and in creating new openings, and developing the ability to deal with tight or frail students.”

— Dharma (Lloyd) Apirian

Bring specialized poses, propping and variations for those who are ill, recovering from an injury, or dealing with genetics and age. Learn to transform a gentle yogi into a Continuing Level yogi, moving them to doing things in yoga and in life that they never imagined possible.

Prerequisites: Certified *Svaroopaa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, SPC: Yoga for You Back Teacher

Preparation: In the previous twelve months, you have taught at least three classes in each of these YTT DTS themes — Abdominals, Backbends, Standing Poses.



Svaroopaa® Yoga:

Getting Your Body Back

Svaroopaa® yoga works by decompressing your spine — opening your core. You do more yoga, you feel better. You do even more yoga, you feel even better. Old familiar pains and negativities disappear. You get a new body and a new you, all at the same time.

“This experience has really energized me and excited me about teaching. It has changed me considerably in that I feel a greater — or more absorbed — understanding of the process and MUCH more awareness of my body and how a pose feels.”

— Lucy Hollowell

Enrich Your Teaching Skills (EYTS)

“It’s my dharma... my gift from God and my gift to God. Giving students the opportunity to go inward, to open and release tensions, and to reach a state of relaxed calm. Nothing beats seeing their faces upon rising after the final Shavasana.”

— Mary Jean Skinner

Continue your professional education with our EYTS courses without having to work on additional certifications. Your course extends your current standing as a SATYA member and usually fulfills continuing education requirements for other professional organizations. There’s no DTS, no follow up required when you return home. Simply sign up and show up, do lots of *Svaroopa*® yoga in the company of other teachers and get lots of changes. You’ll learn new poses and variations, while you hone your skills and deepen your yoga.

EYTS: Foundations Review

Deepen your knowledge of the foundational *Svaroopa*® yoga poses, with a bonus of chanting, meditation and asana classes. A great and quick tune-up, enroll so you can prepare for YTT 1 if it has been more than 6 months since your Foundations. This program fulfills Continuing Ed standards for *Svaroopa*® yoga teachers, either to extend or reinstate your current standing.

Prerequisite: Foundations of *Svaroopa*® Yoga

EYTS: Teacher TuneUp

Your fellow teachers are the deepest and most committed yogis you are likely to find, and those with whom you can share your yoga most deeply. They also know what it’s like to be teaching yoga in the real world, so this weekend is all about supporting and coaching each other. Enjoy the time with Swamiji and our Teacher Trainer(s) as well as learning from your peers — all while you’re deepening both your inner experience and your outer connections. TuneUps are available in each DTS theme, so pick your theme and timing.

Prerequisite: YTT and DTS for the theme being presented

EYTS: Prep Course

Enroll in the Prep Course for an advanced training if you need to reinstate your current standing. Prep Courses are only available when you are taking the advanced training that follows. Three yoga-days give you a deep experiential review of theme poses as well as the opportunity to finesse your teaching and adjustment techniques. You’ll move into your advanced training with a feeling of confidence, fully ready to launch into new levels of practice and teaching.

Prerequisite: YTT and DTS for the theme being presented

EYTS: Teaching Without Props

Teach when there’s not a blanket, block or strap to be found! Learn to offer *Svaroopa*® yoga poses without the props we usually rely on. Use your new skills to broaden your teaching opportunities — teaching in places without props. Plus you can teach students that are familiar with propping how to do their yoga on vacation or at work, in a hotel or on the beach.

Prerequisite: YTT 1 and DTS

EYTS: Deceptive Flexibility 1

You may have some students who are able to move very far into poses, even further than you! They pay a very high cost for this deceptive flexibility. The instability in their hip joints and tremendous spinal compression can lead to early hip replacement surgery, arthritis in their hips and/or spine as well as serious digestive problems. This training teaches you how to spot hyperflexible students as well as how to prop them (or yourself!) for maximum effectiveness. Most importantly, you learn how to work with their minds to transcend the “picture perfect” paradigm they’ve brought from dance backgrounds, other yoga styles, athletic endeavors or life itself.

Prerequisites: YTT 1 and DTS, *Embodiment*® Yoga Therapy Training

EYTS: Deceptive Flexibility 2

*“This is the most informative, rigorous and grounding course I’ve taken in my 20 years of *Svaroopa*. By learning how to stabilize my hip joint and open my spine, I feel stronger and more present in my Self. Not only am I standing in my legs, but in my life in a whole new way.”*

— Yogeshwari (Melissa) Fountain

Learn poses and variations that make you able to use your abs, legs and arms to stabilize hyperflexible joints, creating deeper core opening. Learn the practices that helped Swami Nirmalananda heal from her serious hip injury. This course is beneficial for yourself as well as for students who do impressive poses but still have pain. This professional training picks up where Deceptive Flexibility 1 left off both with body and mind.

Prerequisites: YCT 3 and EYTS Deceptive Flexibility 1

EYTS: Intro to Teaching Gentle Yoga

You have students, friends, and family members who have significantly limited flexibility, serious pain or illness, or are recovering from an injury or surgery. You want to help but are not sure what they need. Gain the tools you need to safely and effectively work with ‘outside-the-bell-curve’ students. In this five-day course, you learn special modifications for these students’ needs (as well as your own) as well as how to work with their mind to open up new opportunities for them.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), YCT 1 & 2 and DTS



Credit for Prior Trainings

Our 2016 streamlining shortened and simplified our courses for the educational standards of Yoga Alliance and IAYT (International Association of Yoga Therapists). As a *Svaroopaa*® yoga teacher and therapist, you get full credit for everything you've already completed, plus you have more choices for where you want to go next. Use this information to identify what your equivalencies are so you can take advantage of your new training opportunities.

Prior Training Equivalency	<i>Svaroopaa</i> ® Yoga Trainings
Foundations of <i>Svaroopaa</i> ® Yoga	Foundations of <i>Svaroopaa</i> ® Yoga
YTT Level 1	YTT 1 & YCT 1
YTT Level 2	YTT 2 & YCT 2
YTT Level 3	YTT 3 & YCT 3
YTT Level 4	YTT 4 & YCT 4
Radical Anatomy	Radical Anatomy
<i>Embodiment</i> ® Yoga Therapy Training	<i>Embodiment</i> ® Yoga Therapy Training
ATT 201: Leading Half Day Workshops	SPC: Leading Half Day Workshops
ATT 221: Twists	DPR: Twists & Seated Poses
ATT 262: Yoga Therapy — Treating Pain	PYT 262: Yoga Therapy — Treating Pain
ATT 402: Deeper Practice	DPR: Lower Spinal Release
ATT 403: Lower Spinal Release	SPC: Pregnancy Yoga
ATT 411: Upper Spinal Release	DPR: Heart Openers DPR: Neck & Shoulders
ATT 412: Gentle Yoga	SPC: Yoga for Your Back SPC: Seniors & Adaptive Yoga
ATT 463: Yoga Therapy — Neck & Shoulders	PYT 463: Yoga Therapy — Neck & Shoulders
ATT 464: Yoga Therapy — Spine, Knees & Feet	PYT 464: Yoga Therapy — Spine, Knees & Feet
ATT 522: Beginner's Bliss Yoga	BLS: Beginners' Bliss Yoga
ATT 523: Advanced Bliss Yoga	BLS: Advanced Bliss Yoga
ATT 531: Abdominals	DPR: Abs
ATT 532: Backbends	DPR: Backbends SPC: Leading Half Day Workshops
ATT 541: Forward Bends & Inversions	DPR: Forward Bends
ATT 551: Weekend Workshops	DPR: Weekend Workshop Leader
ATT 611, 621 & 622 — Vinyasa	DPR: Standing Poses DPR: Balance & Inversions DPR: Classical Poses
ATT 631, 632 & 643: Vinyasa 2	DPR: Vinyasa DPR: Warrior Vinyasa

Svaroopaa® Yoga: Accessible Yoga

We meet you where you are, customizing the pose to your needs. Melt away the pain, tension and years to become alive, supple and strong. You don't have to know what you are doing because we know what we are doing for you.

2018 Programs

DATES	TITLE	TYPE	LOCATION
JANUARY			
Dec 30 – Jan 1	New Year's Retreat – Yoga & Meditation	Retreat	Atlanta, GA
2 – 7	Yoga Therapy Intensive Retreat	Retreat	DYMC
16 – 24	PYT 262: Yoga Therapy – Treating Pain	PYT	DYMC
27 – Feb 4	Deeper: Twists & Seated Poses (ATT 221)	ATT	DYMC
FEBRUARY			
9 – 11	Shaktipat Meditation Retreat	Retreat	DYMC
26 – Mar 4	YTT Level 2	YTT	DYMC
28	Free Intro Phone Call 2018 Year-Long Programme	Year-Long	Phone Call
MARCH			
14 – 18	Foundations of Svaroopa® Yoga	YTT	DYMC
15	Year-Long Programme begins	Year-Long	Multimedia
20 – 25	Deceptive Flexibility 1	EYTS	DYMC
APRIL			
6 – 8	Radical Anatomy	YTT	DYMC
9 – 15	YCT Level 1 (Yoga Classroom Therapeutics)	YCT	DYMC
21 – 26	Retreat with Swami Nirmalananda	Retreat	DYMC
27 – 29	Retreat: Fulfilling Life's Purpose	Retreat	DYMC
MAY			
5 – 9	Teacher Tuneup – Backbends	EYTS	DYMC
15 – 18	PREP: Leading Half Day Workshops	EYTS	DYMC
19 – 25	Leading Half Day Workshops (ATT 201)	ATT	DYMC
31 – June 3	DIY: Vitality & Joy	Retreat	DYMC
JUNE			
6 – 10	Foundations of Svaroopa® Yoga	YTT	DYMC
24 – 29	Deeper: Lower Spinal Release (ATT 403)	ATT	DYMC
29 – July 1	Shaktipat Meditation Retreat	Retreat	Boise ID

Subject to change without notice when circumstances are beyond our control.

DATES	TITLE	TYPE	LOCATION
JULY			
5 – 7	Vows Prep Retreat	Vowed Order	DYMC
7 – 11	Vowed Ordered Retreat	Vowed Order	DYMC
11 – 15	Yoga Therapy Intensive Retreat	Retreat	DYMC
19 – 22	Foundations Review	EYTS	DYMC
23 – 29	YTT Level 1	YTT	DYMC
AUGUST			
1 – 5	Foundations of Svaroopa® Yoga	YTT	DYMC
9 – 12	Deepen It Yourself – Yoga & Meditation	Retreat	DYMC
19 – 23	Teacher TuneUp – Backbends	EYTS	Australia
25 – Sept 2	YTT Level 3	YTT	Australia
SEPTEMBER			
6	Leading a Discussion Group begins	MTT	Phone Course
9 – 14	Deceptive Flexibility 2	EYTS	DYMC
21 – 23	Shaktipat Meditation Retreat	Retreat	DYMC
28 – 30	Radical Anatomy	YTT	DYMC
OCTOBER			
1 – 6	Embodiment®	YTT	DYMC
10 – 14	Teacher Tuneup – Standing Poses	EYTS	DYMC
16 – 19	PREP: YTT Level 3	EYTS	DYMC
20 – 28	YTT Level 3	YTT	DYMC
26 – 28	Shaktipat Meditation Retreat	Retreat	Boston MA
NOVEMBER			
3 – 11	PYT 463: Yoga Therapy – Neck & Shoulders	PYT	DYMC
16 – 18	Year-Long Programme Retreat	Year-Long	DYMC
23 – 26	Foundations Review	EYTS	DYMC
26 – Dec 7	Meditation Teacher Training	MTT	DYMC
DECEMBER			
8 – 11	Leading Short Meditations	MTT	DYMC
11 – 18	Meditation Group Leader	MTT	DYMC