



**Svaroopaa**<sup>®</sup> YOGA  MEDITATION

# Yoga Teacher Training

## STREAMLINED, SHORTER & MORE AFFORDABLE!



### Component A (Levels 1 & 2)

- 5 ½ days per Level  
(previously 9 ½ days each)
- Shaktipat Day included
- Reduced tuition, housing & meals costs
- Eligible for RYT200 and Certified Svaroopaa<sup>®</sup> Yoga Basics Teacher



### Component B (Levels 3 & 4)

- 7 ½ days per Level  
(previously 9 ½ days each)
- Shaktipat Day included
- Reduced tuition, housing & meals costs
- Eligible for RYT500 and Certified Svaroopaa<sup>®</sup> Yoga Teacher (with Embodiment & Radical Anatomy)

- **Foundations** - 4 days instead of 4 ½ days
- **ATT & EYTS programs** - currently being reformulated, with new incarnations debuting in early 2017

### A note from Swami Nirmalananda



It's that time again, reformulating our Teacher Training curriculum. I did this 12 years ago, in 2004, which happened to be about 12 years after I started training teachers. It's still as deep and profound with Core Opening, our tail-to-top technology that opens up your experience of consciousness within.

We've simplified the curriculum in order to align more closely with other yoga organizations in the West. Changes will ripple into our EYTS and ATT programs, with new formats coming in 2017. If you want the full spectrum Svaroopaa<sup>®</sup> yoga education that I've been offering for decades, now is the time to come and get it. It's being modernized to meet today's world. Visit [www.svaroopaa.org/ytchanges](http://www.svaroopaa.org/ytchanges).

**For questions contact  
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