



Svaroopa® YOGA MEDITATION



Yoga's Promise Fulfilled

Yoga is about bliss. Life is about bliss. You have been seeking bliss through pleasure, yet true bliss arises from within your own being. *Svaroopa®* yoga's spinal decompression removes the inner blocks so you experience what the sages promise you: *svaroopa* — the bliss of your own being.

"It's the best thing I have done in my life."

— Niranjana (Nathan)Matanich

Your Next Step...

Yoga Teacher Training (YTT)

Svaroopa® Yoga Teachers Are Trailblazers!

Your body and mind need an upgrade. As a *Svaroopa®* yoga teacher, you will experience this and offer it to everyone. You unravel their core tensions so they discover their own Divine Essence.

It's all part of sharing a new way to live.

A New Way to Live

Svaroopa® yoga settles you in the bliss of your own being, an incredible state. You look life squarely in the face without flinching and without being pulled off-center. You experience and share your bliss everywhere you go.

Become a qualified and confident teacher, with exceptional skill in handling diverse bodies. Your training includes the first level of yoga therapy, so you can provide profound healing and transformation as well as expand your income. Begin earning after your first course — Foundations of Svaroopa® Yoga. Let yoga pay your way through the levels, as you become even more skillful.



We are a Yoga Alliance Registered School

at both 200-hour and 500-hour levels, but we provide a full 685 hours of training and support, far exceeding the minimum requirements. You will enjoy superb training in an environment that supports your profound healing and transformation — far beyond what you can imagine possible. We delight in your success!



Yoga Made Easy

You don't need force in order to improve your body and to find peace of mind. Svaroopa® yoga uses a scientific approach to vibrant health and vitality, opening you to profound experiences of your own Divine nature. Discover how easy it is to feel better.

Levels & Components

Begin with Foundations of Svaroopa® Yoga, our five-day immersion that makes you ready to teach Intro Yoga Classes. Now eligible to join SATYA (our teachers organization), you get discounts on the rest of your trainings, and are eligible for your first certification.

"I feel so different from this experience, I want to share it with others so they can get the same benefits that I have received."

— Suzanne Tozzi

Your core training is done in yoga-immersions, either in the Weekend Modules or te 10-day Yogaimmersions. Each immersion training is followed by at-home mentoring, coaching and support in preparing your lesson plans for and actually teaching your classes. This mentoring program, Develop your Teaching Skills (DTS), is specifically designed to help you apply and integrate what you learned. DTS is another way in which we lead in quality teacher preparation.

These programs are bundled into two Training Packages, called Components:

Component A — Level 1, DTS 1, Level 2, DTS 2, applied toward your 200-hour certification.

Component B — Level 3, DTS 3, Level 4, DTS 4, applied toward your 500-hour certification.



Full Spectrum Yoga

While working with your body, Svaroopa® yoga opens up the full spectrum of your being. Spiritual insights and profound healings happen without any sweat. Slower yoga, consciously aligned and leveraged for multi-dimensional openings, means you get it all.

In addition, two additional courses are required for your full spectrum training as a Certified Svaroopa® Yoga Teacher (CSYT):

Radical Anatomy — practical anatomy for yoga teachers, in a weekend dedicated to answering your questions and preparing you to help students, family and friends through Svaroopa® yoga.

Embodyment® Yoga Therapy Training — your first level of yoga therapy training, so you can offer private sessions to those who need extra help.

Each program boosts you another level in your own personal growth while preparing you to lead others through the same process. You return to your daily life with more energy and clarity, as well as an ability to live in an ever-expanding openness that will touch your students as well as everyone else in your life.

Continuing Education Credits (CEUs) are available for all of our professional courses.

Modular Training Program

Now you can choose between 10-day immersions or weekend retreats. Choose the program that fits your schedule or lifestyle. Each one supports you as you discover a profound experience of Consciousness that heals you on all levels.

10-day Immersions

Each Component is presented in two 10-day immersions, held approximately six months apart. Your four-month DTS Mentoring takes place between levels.

Weekend Retreats

Each Component is presented in six weekend retreats, covering all of the curriculum in the YTT Levels and DTS Mentoring program. Retreats are four- or five-day programs, held every two months, with at-home mentoring in the following weeks.

Component A

YTT Level 1, DTS 1, Level 2 & DTS 2

These programs comprise 347 hours of professional training, making you eligible to become a Certified Svaroopa® Yoga Basics Teacher and register as a RYT 200. This component is the equivalent of getting your Associate of Arts degree as a yoga teacher.

Component A includes each of these teaching themes:

Daily Practice	Abdominals
Lower Spinal Release	Backbends
Upper Spinal Release	Standing Poses

Prerequisite: Successful completion of either Foundations or Foundations Review within 6 months of Level 1

Component B

YTT Level 3, DTS 3, Level 4 & DTS 4

You qualify as a Certified Svaroopa® Yoga Teacher (CSYT) following successful completion of Component B along with *Embodyment®* Yoga Therapy Training and Radical Anatomy, for a total of 685 hours of professional training. This is the equivalent of getting your Bachelor of Arts degree as a yoga teacher. You are also eligible to register as a RYT 500.

Component B includes each of these teaching themes:

Forward Bends	Classical Poses
Neck & Shoulders	Vinyasa
Balance & Inversions	Seated Poses & Twists

Prerequisite: Successful completion of YTT Component A, current on Continuing Ed standards, SATYA Member. Radical Anatomy and *Embodyment®* Yoga Therapy Training must be successfully completed before taking YTT Level 4.

Develop Your Teaching Skills (DTS)

Find out how to take everything you learned back to your students. Our Teacher Training program is unmatched in providing you with personal mentoring, after each YTT immersion, to help you prepare and teach your classes. You are partnered with one or two other teachers-in-training at your same level of training, and work with one of our highly trained mentors through

email and monthly telephone conference calls. Your DTS manual is 250 pages, leading you through the process of choreographing the classroom experience for your students. Your mastery as a teacher grows exponentially: to encompass what takes most teachers years to figure out on their own, while you learn from your co-mentees, as well as from your mentor.

"I found the program tremendously helpful in deepening my understanding of the principles of creating lesson plans. I feel so very supported in taking these teachings to my students."

— Lee McNab

Member Early Tuition: \$2,790.00 (per Component, fully paid 30 days prior)

Non-Member Early Tuition: \$3,171.00 (Component A only, fully paid 30 days prior)

Standard Tuition: \$3,591.00 (per Component)

Payment Plans available

Housing and Meals: \$2,178.00 (PA trainings). This is \$1,089.00 (Including tax) for 9 nights of housing and meals at each Level.

Multiple Levels

The 21st Century is an age of anxiety, affecting your ability to love, cry and laugh. Svaroopa® yoga poses decompress your spine, simultaneously freeing your body and multiple levels within. You discover a profound experience of Consciousness that heals you on all levels.



"I feel more grounded in myself. More confident that I have something to offer students and that I will be able to pass on my love of this yoga to them."

— Nancy Lee

To Register

Or for more information, please contact our enrollment advisors at 610-806-2119 or programs@svaroopayoga.org.

"The journey takes you to lands you never dreamed of."

— Sandy Carter

Embodyment® Yoga Therapy

Give the experience of profound spinal release to anyone, by placing your hands on key areas of their spine. Offer Svaroopa® yoga's hands-on-healing therapy to students, family and friends. In this training, you enjoy more spinal opening than ever, because of giving and receiving sessions every day. Study related sutras from the *Pratyabhijnahridayam*. Expand and uplift your teaching abilities while preparing to give private sessions, radically increasing your income potential.

Prerequisite: Foundations of Svaroopa® Yoga

Enrollment Fees: Member Early \$870.00/Standard \$1051.00, plus: Materials \$40.00, DTS \$125.00, and Housing & Meals \$605.00 (for 5 nights)

"It's a profound experience to take this course... You are left with a whole new way of viewing the body and a powerful healing tool." — Margo Shafer



Radical Anatomy for Yogis

Get answers to your questions! These three days are built around your questions, about the diseases, illnesses, injuries, syndromes and other conditions that you, your loved ones or your students are facing. We build a bridge of understanding between the medical and yogic perspectives. Svaroopa® yoga poses clarify the anatomical principles so you understand the body in a whole new way.

Enrollment Fees: Member Early \$391.00/Non-member Early \$431.00/Standard \$471.00, plus: Materials \$35.00 and Housing & Meals \$242.00 (for 2 nights)

"It gives you a completely different understanding of how the body works."

— Annette Bongiorno

Certifications — Trainings

Earn these certifications by successfully completing these professional training programs.

Certified Intro Teacher (CIT)

Certified Embodyment® Yoga Therapist (CET)

Certified Basics Teacher (CBT)

Certified Svaroopa® Yoga Teacher (CSYT)

Certified Half Day Workshop Leader

Certified Pregnancy Yoga Teacher

**Certified Deeper Yoga Teacher (Level 1),
Gentle Yoga Teacher &
Yoga for Your Back Teacher**

Certified Svaroopa® Yoga Therapist

Certified Bliss Yoga Teacher

Certified Deeper Yoga Teacher (Level 2)

Certified Weekend Workshop Leader

Certified Meditation Teacher (MTT)

Certified Meditation Group Leader (MGL)

Foundations of Svaroopa® Yoga

Embodyment® Yoga Therapy Training

Component A

Component B, Embodyment® and
Radical Anatomy

Component A & ATT 201

CSYT, ATT 402 & 403

CSYT, ATT 402, 403, 411 & 412

CSYT, ATT 262, 402, 403, 411, 412, 463
& 464

CSYT, ATT 221, 402, 403, 411, 412, 522
& 523

CSYT, ATT 221, 402, 403, 411, 412, 531,
532, 541 & 551

CSYT, ATT 201, 221, 262, 402, 403, 411,
412 & Meditation Teacher Training

Meditation Teacher Training

MTT & MGL Trainings

Accommodations & Meals

Forget about the stress associated with booking hotels, foraging for food, and scheduling travel arrangements — It's time to focus on your Self. With SVA's all-inclusive training programs, you can leave your travel worries at the door and fully immerse your Self in svaroopa.

You'll train and stay at Downingtown Yoga & Meditation Center. We call the whole building by the name Lokananda — Your Bliss Place. The Ashram provides you with comfortable and good quality housing in a simple, clean and scaled-down environment, appropriate for your focus on spiritual practice.

While you're in town to nourish your Self, nourish your body and savor the multi-faceted flavors of ayurvedic cuisine. Every dish, specifically approved by Swami Nirmalananda, is carefully prepared by our Chefs and can easily be adjusted to accommodate your special dietary needs.

Visit us at www.svaroopa.org

Svaroopa® Vidya Ashram | 116–118 E. Lancaster Ave., Downingtown PA 19335

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