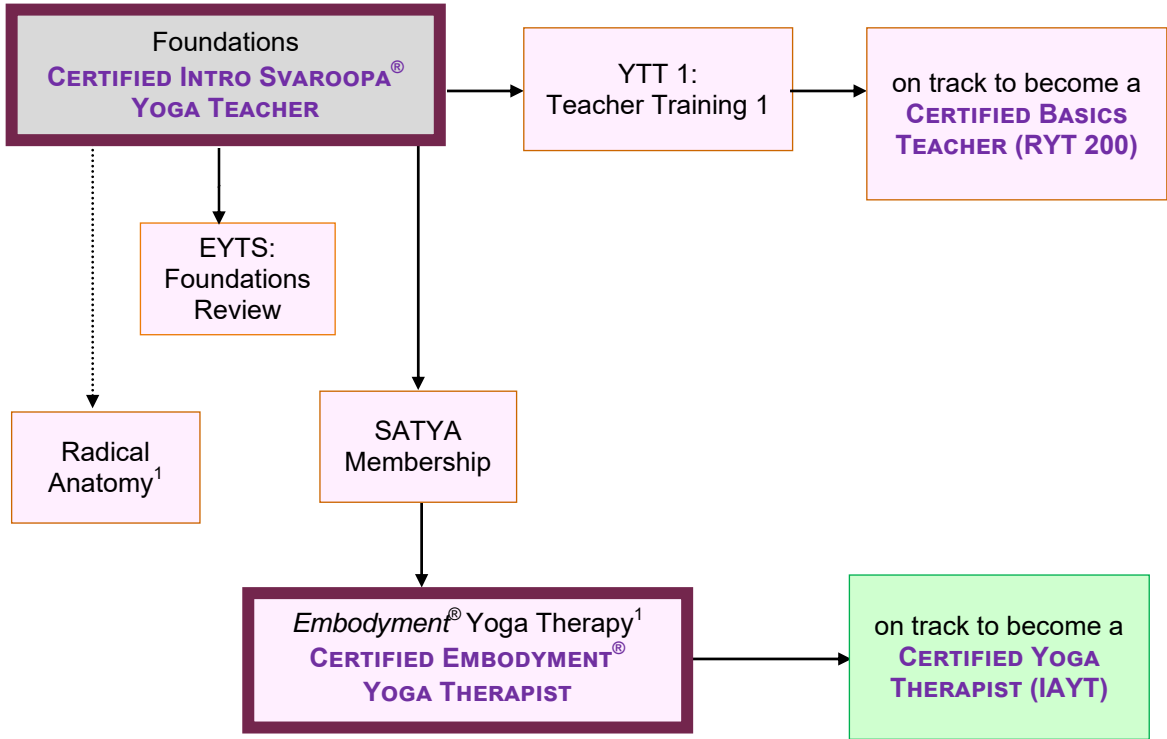




After Foundations, you are eligible for:

completed levels are in GREY BOXES



BIG BORDER = certification awarded
 YTT – Yoga Teacher Training (incl DTS)
 YCT – Yoga Classroom Therapeutics (incl DTS)
 DPR – Deeper Yoga Training (incl DTS)
 BLS – Bliss Yoga Teacher (incl DTS)
 PYT – Personal Yoga Therapist (incl DTS)
 SPC – Specialty Certifications (incl DTS)
 EYTS—Continuing Ed (no DTS, no certifications)

¹ may be taken earlier,
 must complete before YTT 4



After Foundations of *Svaroopā*[®] Yoga You have Credit for & are now Eligible for:

You have so many wonderful options available now that you have completed Foundations! Many courses support you as a teacher, plus there are many that deepen your practice

- ❖ Components A (Level 1 and 2) and then B (Level 3 and 4)
- ❖ EYTS (Enrich Your Teaching Skills) – to augment your teaching skills in specialty areas or to maintain your current standing with Continuing Ed standards.
- ❖ Radical Anatomy
- ❖ Embodiment Therapy
- ❖ SATYA – discounts, Q&A E-Letter, member e-letter, monthly contemplation articles and classroom quotes, and more.
- ❖ Weekends & Retreats – we call these our “Yogimmersion Programs.” Indulge yourself in a deeper practice within a convenient time frame, at many locations

See more info in the exciting list below, or get help in constructing your Personal Study Plan from our Enrollment Advisors at (610) 806-2119 or programs@svaroopayoga.org.

SATYA Membership	As a teacher, you'll appreciate the discounts, many publications, free marketing phone course and other benefits.
You have credit for:	Foundations of <i>Svaroopā</i> [®] Yoga
These are now available to you:	Component A (YTT 1 & 2) <i>Embodiment</i> [®] Yoga Therapy Training Radical Anatomy EYTS: Foundations Review
Available to all yogis	Shaktipat Retreat with Swami Nirmalananda Weekends & Retreats with Swami Nirmalananda & our Master Teachers Year-Long Programme with Swami Nirmalananda Sutra Studies (phone courses)