



2022 Programs

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

DATES	TITLE	TYPE	LOC.
December 2021			
12/30 – 1/1	New Year's Retreat	Retreat	📍 🌐
January 2022			
11 – 28	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
25 – Feb 22	Teaching Online Therapeutics B weekly 2:30 pm	EYTS	🌐
February			
4 – 6	Radical Anatomy	EYTS	📍
7 – 24	Therapeutic Yoga Series Mon & Thurs 5:30-7 pm	Series	📍
14 – 19	Shavasana Course	Series	🌐
18 – 21	Ashram Weekend	Retreat	📍
March			
2 – 6	Yoga Healing Retreat	Retreat	📍
7 – 28	Teaching Online Therapeutics B weekly 6pm	EYTS	🌐
8 – 25	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
18 – 20	Ashram Weekend	Retreat	📍
April			
5 – 10	Intro to Gentle Yoga	EYTS, YTT	📍
11 – 28	Therapeutic Yoga Series Mon & Thurs 5:30-7 pm	Series	📍
12 – May 3	Teaching Online Therapeutics C weekly 2:30 pm	EYTS	🌐
29 – May 1	Ashram Weekend	Retreat	📍
May			
3 – 20	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
13 – 15	Shaktipat Retreat	Retreat	📍 🌐
16 – Jun 13	Teaching Online Therapeutics C weekly 6 pm	EYTS	🌐
27 – 30	Ashram Weekend	Retreat	📍
June			
8 – 12	Foundations of Svaroopaa® Yoga	EYTS, YTT	📍
13 – 30	Therapeutic Yoga Series Mon & Thurs 7:30-9 pm	Series	📍
24 – 26	Inspiring Teachers Retreat by invitation	Retreat	📍
28 – Jul 26	Teaching Online Therapeutics D weekly 2:30 pm	EYTS	🌐

DATES	TITLE	TYPE	LOC.
July			
6 – 9	Vows Prep Retreat	Retreat	📍
9 – 14	Vowed Order Retreat	Retreat	📍
15 – Aug 2	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
25 – Aug 11	Therapeutic Yoga Series Mon & Thurs 7:30-9 pm	Series	📍
August			
19 – 20	Workshops (Australia)	For All	🌐
24 – 28	Embodiment® TuneUp	EYTS	📍
September			
8 – 11	Foundations Review	YTT	📍
12 – 18	YTT Level 1	YTT	📍
13 – 30	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
16 – 18	Ashram Weekend	Retreat	📍
20 – Oct 11	Teaching Online Therapeutics A weekly 2:30 pm	EYTS	🌐
26 – Oct 13	Therapeutic Yoga Series Mon & Thurs 7:30-9 pm	Series	📍
30 – Oct 2	Shaktipat Retreat	Retreat	📍 🌐
October			
15 – 21	Leading Half Day Workshops	EYTS, SPC	📍
17 – Nov 14	Teaching Online Therapeutics D weekly 6 pm	EYTS	🌐
24 – 29	Shavasana Course	Series	🌐
November			
1 – 18	Therapeutic Yoga Series Tues & Fri 10:30 am - noon	Series	🌐
3 – 6	Poses for Meditation Teachers	EYTS, YTT	📍
7 – 18	Meditation Teacher Training	MTT	📍
December			
30 – Jan 1	New Year's Retreat	Retreat	📍 🌐

Svaroopaa® Yoga: A Sublime Path

Yoga recognizes the Divine in every form, from the expanse of the sea to the infinity in a grain of sand, from the light of the noontday sun to the light in another's eyes. Follow the path of Svaroopaa® yoga to find that in your own Self.

All Program timings are USA (Eastern Time). On-Site programs are in Downingtown PA unless another location is specified.

Published May 12 2022. Dates subject to change without notice.

Copyright © 2022, Svaroopaa® Vidya Ashram, All Rights Reserved. SVAROOPA® and EMBODYMENT® are registered service marks of Svaroopaa® Vidya Ashram.