



2023 Programs

Arising

Healing leads to wholeness, empowering your choices and deep-hearted living.

BEGINS	TITLE	TYPE	LOC.
December 2022			
Dec 30	2022 New Year's Shaktipat Retreat	Shaktipat Retreat	📍 🌐
January 2023			
Jan 3	Teaching Online Therapeutics B	EYTS	🌐
Jan 9	Teaching Online Therapeutics A	EYTS	🌐
Jan 24	Yoga Healing Retreat	Therapeutics Retreat	📍 🌐
February			
Feb 6	Therapist TuneUp: Treating Pain	Therapist Training	📍
Feb 13	Teaching Online Therapeutics B	EYTS	🌐
Feb 14	Teaching Online Therapeutics C	EYTS	🌐
Feb 17	Digesting Life	Sutra Retreat	📍
March			
Mar 4	YCT 1 (Yoga Classroom Therapeutics)	YTT Therapeutics	📍
Mar 19	Shavasana Course	Practices Intensive	🌐
Mar 24	Digesting Life	Sutra Retreat	📍
Mar 28	Teaching Online Therapeutics D	EYTS	🌐
Mar 29	Foundations of Svaroopaa® Yoga	YTT	📍
April			
Apr 3	Teaching Online Therapeutics C	EYTS	🌐
Apr 6	Leading a Discussion Group	Therapist Training	🌐
Apr 29	Yoga Healing Retreat	Therapeutics Retreat	📍 🌐
May			
May 5	Shaktipat Retreat	Shaktipat Retreat	📍 🌐
May 13	Enrich & Advance (YTT 2)	EYTS	📍
May 19	YTT Level 3	YTT	📍
May 25	Living Sutras	Sutra Course	🌐

BEGINS	TITLE	TYPE	LOC.
June			
June 9	Digesting Life	Sutra Retreat	📍
June 21	Foundations of Svaroopaa® Yoga	YTT	📍
July			
July 5	Vows Prep Retreat	Vowed Order	📍
July 8	Vowed Order Retreat	Vowed Order	📍
July 22	YCT 2 (Yoga Classroom Therapeutics)	YTT Therapeutics	📍
August			
Aug 2	Foundations Review	YTT, EYTS	📍
Aug 6	YTT Level 1	YTT, EYTS	📍
Aug 18	Digesting Life	Sutra Retreat	📍
Aug 27	Intro to Gentle Yoga in Australia	EYTS	📍
September			
Sept 5	Leading a Discussion Group	Therapist Training	🌐
Sept 15	Ending Back Pain	EYTS	📍
Sept 19	Meditation Teacher Training 2	MTT	📍 🌐
Sept 29	Shaktipat Retreat	Shaktipat Retreat	📍 🌐
October			
Oct 8	Shavasana Course	Practices Intensive	🌐
Oct 13	Digesting Life	Sutra Retreat	📍
Oct 21	YCT 3 (Yoga Classroom Therapeutics)	YTT Therapeutics	📍
November			
Nov 2	Radical Anatomy	YTT	📍
Nov 6	Embodiment® Therapist Training	YTT Therapeutics	📍
Nov 14	Yoga Healing Retreat	Therapeutics Retreat	📍 🌐
Nov 27	Vichara Therapist Training	Therapist Training	📍
December			
Dec 30	2023 New Year's Retreat	Practices Retreat	📍

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

🌐 Course offered online in Eastern Time

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