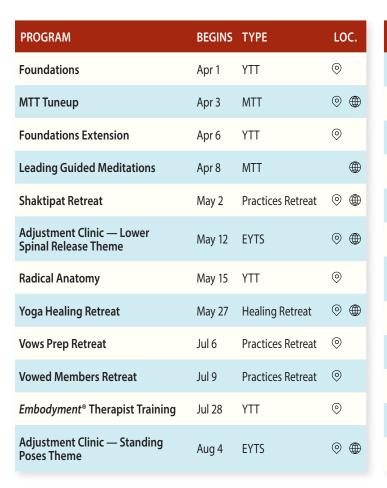


Svaroopa Vidya Ashram

2025 Programs

Expanding Inward

Svaroopa® yoga dissolves your physical limitations as well as mental, emotional and spiritual blocks, to open up the way you live inside your own skin.





PROGRAM	BEGINS	ТҮРЕ	LOC.
Australia Retreat with Gurudevi*	Aug 13	Practices Retreat	0
New Mexico Foundations*	Sep 3	YTT	0
Yoga Body Classroom Therapeutics	Sep 5	EYTS	
Foundations	Sep 9	YTT	<u></u>
Foundations Extension	Sep 14	YTT	0
Yoga Healing Retreat	Sep 23	Healing Retreat	
Adjustment Clinic — Backbends Theme	Sep 25	EYTS	
Shaktipat Retreat	Oct 3	Practices Retreat	
Foundations Review	Oct 7	YTT	©
YTT Level 1	Oct 11	YTT	©
Yoga Healing Retreat	Nov 11	Healing Retreat	
Blue Pearl Retreat	Dec 2	Practices Retreat	©

EYTS — Enrich Your Teaching Skills

MTT — Meditation Teacher Training

YTT — Yoga Teacher Training

Call (610) 806-2119; email programs@svaroopayoga.org

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On-Site programs are in Downingtown PA unless otherwise noted

Online programs are on ZOOM in the USA Eastern Time Zone

^{*} Australia Retreat with Gurudevi is in Brisbane QL, Australia New Mexico Foundations is in Albuquerque, NM