



2025 Programs

Expanding Inward

Svaroopaa® 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	TYPE	LOC.
New Year's Retreat	Dec 30	Practices Retreat	📍 🌐
Yoga Healing Retreat	Jan 7	Healing Retreat	📍 🌐
India Retreat with Gurudevi*	Jan 28	Practices Retreat	📍
India in PA - Yoga Weekend	Feb 21	Practices Retreat	📍
Yoga Healing Retreat	Feb 25	Healing Retreat	📍 🌐
YogaBody Classroom Therapeutics	Feb 27	EYTS	📍 🌐
Ending Back Pain	Mar 7	EYTS	📍
Yoga Healing Retreat	Mar 25	Healing Retreat	📍 🌐
Foundations	Apr 1	YTT	📍
Foundations Extension	Apr 6	YTT	📍
Leading Guided Meditations	Apr 8	MTT	🌐
MTT Tuneup	May 1	MTT	📍 🌐
Shaktipat Retreat	May 2	Practices Retreat	📍 🌐
Radical Anatomy	May 15	YTT	📍

PROGRAM	BEGINS	TYPE	LOC.
Yoga Healing Retreat	May 27	Healing Retreat	📍 🌐
Vows Prep Retreat	Jul 6	Practices Retreat	📍
Vowed Members Retreat	Jul 9	Practices Retreat	📍
Bliss Yoga Weekend	Jul 18	Practices Retreat	📍
Embodiment® Therapist Training	Jul 28	YTT	📍
Australia Retreat with Gurudevi*	Aug 13	Practices Retreat	📍
Foundations	Sep 9	YTT	📍
Foundations Extension	Sep 14	YTT	📍
Yoga Healing Retreat	Sep 23	Healing Retreat	📍 🌐
Shaktipat Retreat	Oct 3	Practices Retreat	📍 🌐
YTT Level 1	Oct 11	YTT	📍
Shavasana Course	Oct 24	Practices Retreat	📍
Yoga Healing Retreat	Nov 11	Healing Retreat	📍 🌐
Blue Pearl Retreat	Dec 2	Practices Retreat	📍

📍 On-Site programs are in Downingtown PA unless otherwise noted
 🌐 Online programs are on ZOOM in the USA Eastern Time Zone

EYTS — Enrich Your Teaching Skills
 MTT — Meditation Teacher Training
 YTT — Yoga Teacher Training

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

* India Retreat with Gurudevi is in Ganeshpuri MH, India
 Australia Retreat with Gurudevi is in Brisbane QL, Australia

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