



## 2025 Programs

### *Expanding Inward*

Svaroop® 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.
Foundations	Apr 1	YTT	📍
MTT Tuneup	Apr 3	MTT	📍 🌐
Foundations Extension	Apr 6	YTT	📍
Leading Guided Meditations	Apr 8	MTT	🌐
Shaktipat Retreat	May 2	Practices Retreat	📍 🌐
Adjustment Clinic — Lower Spinal Release Theme	May 12	EYTS	📍 🌐
Radical Anatomy	May 15	YTT	📍
Yoga Healing Retreat	May 27	Healing Retreat	📍 🌐
Vows Prep Retreat	Jul 6	Practices Retreat	📍
Vowed Members Retreat	Jul 9	Practices Retreat	📍
Embodiment® Therapist Training	Jul 28	YTT	📍
Adjustment Clinic — Standing Poses Theme	Aug 4	EYTS	📍 🌐

PROGRAM	BEGINS	TYPE	LOC.
Australia Retreat with Gurudevi*	Aug 13	Practices Retreat	📍
New Mexico Foundations*	Sep 3	YTT	📍
YogaBody Classroom Therapeutics	Sep 5	EYTS	📍 🌐
Foundations	Sep 9	YTT	📍
Foundations Extension	Sep 14	YTT	📍
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	📍

- 📍 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](mailto:programs@svaroopayoga.org)

\* Australia Retreat with Gurudevi is in Brisbane QL, Australia  
 New Mexico Foundations is in Albuquerque, NM

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