



Svaroopaa[®] YOGA  MEDITATION



Yoga's Promise Fulfilled

Yoga is about bliss. Life is about bliss. You have been seeking bliss through pleasure, yet true bliss arises from within your own being. *Svaroopaa*[®] yoga's spinal decompression removes the inner blocks so you experience what the sages promise you: svaroopaa — the bliss of your own being.

"It's the best thing I have done in my life."

— Niranjana (Nathan)Matanich

Your Next Step...

Yoga Teacher Training (YTT)

Svaroopaa[®] Yoga Teachers Are Trailblazers!

Your body and mind need an upgrade. As a *Svaroopaa*[®] yoga teacher, you will experience this and offer it to everyone. You unravel their core tensions so they discover their own Divine Essence.

It's all part of sharing a new way to live.

A New Way to Live

Svaroopa® yoga settles you in the bliss of your own being, an incredible state. You look life squarely in the face without flinching and without being pulled off-center. You experience and share your bliss everywhere you go.

Become a qualified and confident teacher, with exceptional skill in handling diverse bodies. Your training includes the first level of yoga therapy, so you can provide profound healing and transformation as well as expand your income. Begin earning after your first course — Foundations of *Svaroopa*® Yoga. Let yoga pay your way through the levels, as you become even more skillful.



We are a Yoga Alliance Registered School

at both 200-hour and 300-hour levels, plus we have a full range of yoga therapy, specialty and advanced certifications available. You will enjoy superb training in an environment that supports your profound healing and transformation — far beyond what you can imagine possible. We delight in your success!



Yoga Made Easy

You don't need force in order to improve your body and to find peace of mind. *Svaroopa*® yoga uses a scientific approach to vibrant health and vitality, opening you to profound experiences of your own Divine nature. Discover how easy it is to feel better.

Levels & Components

Begin with Foundations of *Svaroopa*® Yoga, our five-day immersion that makes you ready to teach Intro Yoga Classes. Now eligible to join SATYA (our teachers organization), you get discounts on the rest of your trainings, and are eligible for your first certification.

"I feel so different from this experience, I want to share it with others so they can get the same benefits that I have received." — Suzanne Tozzi

Your Teacher Training is done in yoga-immersions, 5-day or 7-day programs, depending on the training level. Each immersion training is followed by at-home mentoring, coaching and support in preparing your lesson plans for and actually teaching your classes. This mentoring program, Develop your Teaching Skills (DTS), is specifically designed to help you apply and integrate what you learned. DTS is another way in which we lead in quality teacher preparation.

These programs are bundled into two Training Packages, called Components:

- Component A** — Level 1, DTS 1, Level 2, DTS 2, applied toward your 200-hour certification.
- Component B** — Level 3, DTS 3, Level 4, DTS 4, applied toward your 500-hour certification.



Full Spectrum Yoga

While working with your body, *Svaroopa*® yoga opens up the full spectrum of your being. Spiritual insights and profound healings happen without any sweat. Slower yoga, consciously aligned and leveraged for multi-dimensional openings, means you get it all.

In addition, two additional courses are required for your full spectrum training as a Certified *Svaroopa*® Yoga Teacher (CSYT):

- Radical Anatomy** — practical anatomy for yoga teachers, in a weekend dedicated to answering your questions and preparing you to help students, family and friends through *Svaroopa*® yoga.
- Embodiment® Yoga Therapy Training** — your first level of yoga therapy training, so you can offer private sessions to those who need extra help.

Each program boosts you another level in your own personal growth while preparing you to lead others through the same process. You return to your daily life with more energy and clarity, as well as an ability to live in an ever-expanding openness that will touch your students as well as everyone else in your life.

Continuing Education Credits (CEUs) are available for all of our professional courses.

Modular Training Program

Your yogic experiences are the most important component of your teaching skills. This is why all our trainings are immersions, so you do yoga, live yoga, eat yogically, breathe and sleep yoga, along with others who are diving deep with you.

Yogimmersions

Each Component is presented in two yogimmersions, held approximately six months apart. Your three-month or four-month DTS Mentoring takes place between levels.

Component A

YTT Level 1, DTS 1, Level 2 & DTS 2

Your 285 hours is more than the minimum 200, because you learn more poses than other teacher trainings, plus customization of the poses for your needs as well as for your students. Your registration as a RYT 200 is national recognition of your training and skills. This component is the equivalent of getting your Associate of Arts degree as a yoga teacher.

Component A includes each of these teaching themes:

Daily Practice	Backbends
Core Opening	Standing Poses
Abdominals	

Prerequisite: Successful completion of either Foundations or Foundations Review within 6 months of Level 1

Develop Your Teaching Skills (DTS)

Find out how to take everything you learned back to your students. Our Teacher Training program is unmatched in providing you with personal mentoring, after each YTT immersion, to help you prepare and teach your classes. You are partnered with one or two other teachers-in-training at your same level of training, and work with one of our highly trained mentors through

"I found the program tremendously helpful in deepening my understanding of the principles of creating lesson plans. I feel so very supported in taking these teachings to my students."

— Lee McNab

Component A Tuition

Early Tuition fully paid 30 days prior:
Member \$ 2,086.00; Non-Member \$ 2,295.00

Standard Tuition: \$ 2,524.00

Materials: \$ 110.00

DTS (5 months): \$ 625.00

Teaching Review: \$ 190.00

Housing and Meals: \$ 1,452.00 (12 nights)

Scholarships & Payment Plans Available

Component B

YTT Level 3, DTS 3, Level 4 & DTS 4

You qualify as a Certified *Svaroop*® Yoga Teacher (CSYT) following successful completion of Component B along with *Embodiment*® Yoga Therapy Training and Radical Anatomy, for a total of 661 hours of professional training. This is the equivalent of getting your Bachelor of Arts degree as a yoga teacher. You are also eligible to register as a RYT 300.

Component B includes each of these teaching themes:

Forward Bends	Classical Poses
Neck & Shoulders	Vinyasa
Balance & Inversions	Seated Poses & Twists

Prerequisite: Successful completion of YTT Component A, current on Continuing Ed standards, SATYA Member. Radical Anatomy and *Embodiment*® Yoga Therapy Training must be successfully completed before taking YTT Level 4.

email and monthly telephone conference calls. Your DTS manual is over 200 pages, leading you through the process of choreographing the classroom experience for your students. Your mastery as a teacher grows exponentially: to encompass what takes most teachers years to figure out on their own, while you learn from your co-mentees, as well as from your mentor.

Component B Tuition

Early Tuition fully paid 30 days prior:
Member \$ 2,561.00

Standard Tuition: \$ 2,817.00

Materials: \$ 110.00

DTS (6 months): \$ 750.00

Teaching Review: \$ 190.00

Housing and Meals: \$ 1,936.00 (16 nights)

Scholarships & Payment Plans Available

Multiple Levels

The 21st Century is an age of anxiety, affecting your ability to love, cry and laugh. *Svaroop*® yoga poses decompress your spine, simultaneously freeing your body and multiple levels within. You discover a profound experience of Consciousness that heals you on all levels.



"I feel more grounded in myself. More confident that I have something to offer students and that I will be able to pass on my love of this yoga to them."

— Nancy Lee

To Register

Or for more information, please contact our Enrollment Advisors at 610-806-2119 or programs@svaroopayoga.org.

"The journey takes you to lands you never dreamed of." — Sandy Carter

Embodiment® Yoga Therapy

Give the experience of profound spinal release to anyone, by placing your hands on key areas of their spine. Offer *Svaroopaa*® yoga's hands-on-healing therapy to students, family and friends. In this training, you enjoy more spinal opening than ever, because of giving and receiving sessions every day. Study related sutras from the *Pratyabhijnahridayam*. Expand and uplift your teaching abilities while preparing to give private sessions, radically increasing your income potential.

Prerequisite: Foundations of *Svaroopaa*® Yoga

Enrollment Fees: Members Early \$ 941.00, Standard \$ 1,129.00
plus: Materials \$ 40.00, DTS \$ 125.00, and Housing & Meals \$ 605.00 (for 5 nights)

"It's a profound experience to take this course... You are left with a whole new way of viewing the body and a powerful healing tool." — Margo Shafer

Radical Anatomy for Yogis

Get answers to your questions! These three days are built around your questions, about the diseases, illnesses, injuries, syndromes and other conditions that you, your loved ones or your students are facing. We build a bridge of understanding between the medical and yogic perspectives. *Svaroopaa*® yoga poses clarify the anatomical principles so you understand the body in a whole new way.

Enrollment Fees: Member Early \$ 441.00, Non-Member Early \$ 485.00, Standard \$ 529.00
plus: Materials \$ 35.00 and Housing & Meals \$ 242.00 (for 2 nights)



"It gives you a completely different understanding of how the body works."

— Annette Bongiorno

Certifications — Trainings

Earn these certifications by successfully completing these professional training programs .

Certified Intro Teacher (CIT)	Foundations of <i>Svaroopaa</i> ® Yoga
Certified Embodiment® Yoga Therapist (CET)	<i>Embodiment</i> ® Yoga Therapy Training
Certified Basics Teacher (CBT), RYT 200	Component A
Certified <i>Svaroopaa</i>® Yoga Teacher (CSYT), RYT 500	Component B, <i>Embodiment</i> ® & Radical Anatomy
Certified Yoga for Your Back Teacher	CSYT, Yoga Classroom Therapeutics 1 & 2
Certified Classroom Therapeutics Teacher (CTT)	CSYT, Yoga Classroom Therapeutics 1, 2, 3 & 4
Certified Half Day Workshop Leader	CBT, Half Day Workshops
Certified Pregnancy Yoga Teacher	CBT, Pregnancy Yoga
Certified Seniors & Adaptive Yoga Teacher	CSYT, CTT, Teaching Seniors 1 & 2
Certified <i>Svaroopaa</i>® Yoga Therapist	CSYT, CET, CTT, Yoga Therapy 262, 463 & 464
Certified Deeper Yoga Teacher (CDT)	CSYT, CTT, Deeper: Abs, Backbends & Standing Poses
Certified Advanced Yoga Teacher (CAT)	CSYT, CTT, CDT, Deeper: Classical & Vinyasa
Certified <i>Svaroopaa</i>® Vinyasa Teachers (CVT)	CSYT, CTT, CDT, CAT, Warrior Vinyasa
Certified Weekend Workshop Leader	CSYT, CTT, CDT, CAT, Weekend Workshops & Meditation Teacher Training
Certified Bliss Yoga Teacher	CSYT, CTT, CDT, Deeper: Classical & Seated/Twists, Beginner & Advanced Bliss
Certified Meditation Teacher (MTT)	Meditation Teacher Training
Certified Meditation Group Leader (MGL)	MTT & MGL Trainings

Retreat Housing & Meals

Forget about the stress associated with booking hotels, foraging for food, and scheduling travel arrangements — It's time to focus on your Self. With SVA's all-inclusive training programs, you can leave your travel worries at the door and fully immerse your Self in *svaroopaa*.

You'll train and stay at Downingtown Yoga & Meditation Center. We call the whole building by the name Lokananda — Your Bliss Place. The Ashram provides you with comfortable and good quality housing in a simple, clean and scaled-down environment, appropriate for your focus on spiritual practice.

While you're in town to nourish your Self, nourish your body and savor the multi-faceted flavors of ayurvedic cuisine. Every dish, specifically approved by Swami Nirmalananda, is carefully prepared by our Chefs and can easily be adjusted to accommodate your special dietary needs.

Visit us at www.svaroopaa.org

Svaroopaa® Vidya Ashram | 116-118 E. Lancaster Ave., Downingtown PA 19335