



Svaroop[®] Vidya Ashram

Advanced Trainings

2020

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Pain-Free? Is it Really Possible?

By Swami Nirmalananda Saraswati

Standing in front of my closet door, I was trying to pick out what to wear to school, a highly stressful moment in a 15-year-old girl's life. I realized that my hands were pressing on my low back, which made me notice that my back hurt. I was surprised, not because of the pain, which I recognized was not new, but I was surprised that I even noticed it. Somehow it meant another possibility existed, that pain was not inevitable. Then a thought that was imbued with a completely different quality arose within, "I should know how to fix that." I was astounded! Inside, I answered myself back, "How could I know? I'm only 15." I never forgot this inner dialogue, brief as it was. Off and on, I continued to wonder about it for another 15 years before I learned how to end back pain. It was one of the many gifts I received from my Guru.

I learned anatomy from the inside-out. When I received the gift of Shaktipat from my Baba, the inner arising of meditative energy moved me through spontaneous yoga poses every time I meditated. Incredibly blissful and profoundly transformative, I looked forward to my daily meditations, learning more about how the human body works every time. Though I had already trained as a yoga teacher, Kundalini became my teacher, the Divine Energy of the Universe having been awakened by my Guru. After living and studying with him for years, I returned to mainstream America and to teaching yoga.

I could see that my students were not getting the blissful and transformative openings I had been blessed with, so I moved them into pose variations that would work. I remember the first class in which I introduced a variation. It worked so well that every single one of the 16 students stopped to talk with me individually after class. Each one said, in their own way, "What was that!?! I feel so different." I continued week by week, moving them through a process of spinal decompression that I called "core opening."

Svaroopa® Yoga

**More Alive, More Joyous,
More YOU!**

Come for the physical changes that *Svaroopa®* yoga guarantees: reducing pain, reversing the age-clock and boosting your healing power. Simultaneously you get more: you smile more easily, breathe more fully, love more openly and discover there is more within you than you imagined.



A visiting Sanskrit teacher told me I must name this profoundly different approach to the poses. I was resistant but he threatened me, "If you don't give it a name, they'll name it after you." To forestall that, I named it after you: "svaroopa" is a name for Self, your own Divine Essence. Why? The poses provide deep spinal release, which reliably opens up the inner bliss and experience of your own Self. Along the way, they also make you pain-free.

As I continued teaching classes and offering private yoga therapy sessions, my students and clients pressed me to teach them how to offer the sessions and classes. I created our Professional Yoga Therapist Training for them, along with multiple levels of *Svaroopa®* Yoga Teacher Training. Having now trained thousands of teachers and therapists, I know this stuff works no matter who's teaching it. It's simple, yet powerful. It works because your spine is the key to your whole body and mind, as well as the deeper dimension of your own cosmic beingness.

Now in my eighth decade of life, I am pain-free. I do *Svaroopa®* yoga daily, to take care of my body and provide an excellent quality of life. Yet more importantly, I now understand the source of those inner voices dialoguing inside me at age 15. The inner arising was the voice of Self, revealing the course and direction of my life, as well as the inner source of the knowledge I would share with so many. This is ultimately the purpose of all yoga, empowering you to delve into your own knowingness, the source of bliss and love, the wellspring of aliveness itself. The goal and purpose of *Svaroopa®* Yoga is promised in the name, the yoga that gives you *svaroopa*, your own Self. And it makes you pain-free. What a way to live!

Stay Ahead of Your Students

If you're a good teacher, your students learn what you know within two years. After that, they are limited to what you don't know. Worse, their bodies begin to show your blind spots. To take them further, you must go further yourself. Advanced teachers have advanced students, and advanced students keep pushing their teacher ahead.

As teachers, we want to be able to offer knowledgeable help to as many students as possible... Learning new things to teach my classes and for my own practice is always fun and the students love it! - Terry G.

In advancing as a teacher, you have the options of becoming a yoga therapist, teaching meditation classes and teaching advanced poses and therapeutic levels of classes. You gain knowledge in order to share it, making an enormous difference in other peoples' lives. Dive deep into our full spectrum of trainings, exploring the depth of the ancient texts as well as the deepest levels of Svaroopa® Yoga asana and healing methodology.

- As an Advanced Teacher, you interweave sutras into your classes along with more advanced poses and your expanded knowledge of the body.
- As a Yoga Therapist, you dramatically advance your clients' healing process by addressing the causes of their condition(s) and empowering them to a whole new level of vitality and aliveness

- As a Meditation Teacher, you show students a whole new dimension of their own being, empowering them to look inward and bring that increasing dimensionality into their lives.

Choose amongst 21 advanced certifications and continued trainings offered by Svaroopa® Vidya Ashram (SVA). Teach and live the complete practice of Svaroopa® Yoga and Svaroopa® Vidya meditation. Expand your class offerings and your private session practice. See your professional and personal dreams come true!

Svaroopa® Yoga

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.

High-Level Training



Svaroopa® Yoga classes are offered on three continents, supported by SATYA, a teacher organization with the most generous benefits of any in the West. Our Continuing Education standards support your high quality of teaching through the precision of our practice, rightly called "laser-beam yoga."

A Certified Svaroopa® Yoga Teacher has completed 661 hours of training, far exceeding the national standard of 500 hours. You

have the equivalent of a bachelor's degree in yoga. When you begin Advanced Training, it's like you are doing graduate work, benefitting both you and your students.

Each and every Svaroopa® yoga and meditation program is exquisitely orchestrated and so very effective. I always get so much more than my expectations. - Jeanne O.

Choose from four areas of advanced training or work on multiple levels simultaneously:

Professional Yoga Therapist — Work with clients one-on-one, moving them through a custom designed therapeutic process, utilizing highly sophisticated pose variations and therapeutic adaptations. Learn how to guide them through a quiet questioning process, unraveling their hidden mental and emotional tensions as well as opening them to deeper inner levels of inner perception and pure beingness.

Meditation Teacher Training — Your training begins with first deepening your own meditation and knowledge of Self. Then you learn to lead others inward for their own profound experiences. Prepare to teach the highest while sharing the grace of our Kashmiri Shaivite tradition, by working with the mind — to go beyond the mind.

Advanced Teacher Training — Teach advanced poses in your regular yoga classes as well as in specialty classes. Your students gain deeper openings, both in their body and their being. Learn to share teachings from the ancient texts to support your students' rapid yogic progress, outside and inside.

Continuing Ed — Expand your class offerings to attract students with specialized interests, including Half Day Workshops, Gentle Yoga, Deceptive Flexibility and more. Learn to adapt the poses to students' individual needs, moving them through a yogic process that improves their physical condition and their inner state.

Professionalism

I am continually blown away by the quality, thoroughness, and intention behind these trainings. It all fits together, yet each training is somehow complete in and of itself. – Beth H.

SATYA Member in Current Standing

Advanced Trainings are available only to SATYA members in current standing. Your membership supports your professionalism while it also maintains your skills and perspective as a Svaroopa® Yoga teacher and therapist.

I have a professional organization that adds authority to my yoga teacher credentials. I appreciate the many SATYA publications, I have been taking full advantage of the GTC program, and I've used a lot of the marketing resources you make available to members. I also appreciate access to all the old publications. And the member discount on courses is a nice perk! - Kelly S.

While it is easy to join SATYA at any time, you may need to do some planning in order to maintain or return to current standing. Our Enrollment Advisors are happy to help you find the pathway that best serves you. Email them at programs@svaroopayoga.org or phone 610.806.2119.

Prerequisites & Preparation

What you have already studied is your starting point for your next level of knowledge. The prerequisites insure that everyone else in the training has a similar level of expertise as you. This makes it possible for us to teach new curriculum from the very first day.

Yet your prior training, along with your own practice, only partially prepares you for the next training. Truly, your expertise as a teacher comes from having taught what you learned in your previous trainings. Thus our trainings require that you've put those tools to work in a tangible and practical way. We call this "Preparation," which is in addition to your prerequisites. Having completing your Preparation makes it easier for you to learn and implement the new practices and teachings.

You will walk away with a degree of personal and professional self-confidence and self-empowerment that will surprise you." - Kris M.



Preparation has been very successful with for over fifteen years, having begun with PYT 262 students doing 50 Embodiment® sessions as Preparation. Thanking us for the assignment, they cite their deeper understanding of what they already had learned, plus describe that they easily made the money to pay for their new training.

DTS & Certification Eligibility

Develop your Teaching Skills (DTS) is integral to your growing professional expertise. SVA was a pioneer in creating at-home mentored self-studies, now recognized industry-wide as "distance learning." DTS specifically helps you deepen and demonstrate your mastery of the course material as well as apply it in the real world.

DTS was incredible. I can't imagine being an effective teacher without having the continued learning experience of DTS. It clarified so many questions, raised new ones that were necessary in the process and continued to inspire me to learn more about this yoga. - Linda Willerton

When you successfully complete your DTS Mentorship Program, you get credit for both your immersion training and DTS. This makes you eligible for your certification or the next course in your training track. Without the successful completion of DTS, you are not prepared for certification or for your next level of training, thus your training does not appear on a transcript, even if you received a "Pass" on the immersion itself.

This means that you receive two grades: for your in-person training and for DTS. Most teachers-in-training do well, easily earning a grade of "Pass." If you receive a "Pass with Conditions," you need additional support to attain mastery; thus we recommend another course or mentorship as "Conditions" to be met within 3 months from the date of your grade. If you receive a grade of "Incomplete" or "No Pass", we recommend a Personal Study Plan to help you fill in the gaps in your knowledge before you repeat the in-person training and DTS.

We are committed to supporting you in becoming skilled at the levels where you want to work, and we commit to being creative and flexible in helping you meet those requirements.

Svaroopa® Yoga

More than Exercise

Svaroopa® yoga "is not exercise. It's a scientific maximization of your body's capacity, dissolving the tensions that inhibit your body's natural functioning and inherent healing capacity."

—Yoga International

Certifications

The teachings and materials are brilliant in their content and sequence. Thank you for the amazing process! -Catherine F.

Your menu of choices is delicious, promising you an ever-deepening inner experience as you expand your skills to serve more people in their yogic quest. Explore the many advanced certifications we offer by reading about them below. Learn more about the individual courses in our extensive online resources at www.svaroopa.org/att.

Professional Yoga Therapist
Certified <i>Embodiment</i> ® Yoga Therapist
Certified <i>Svaroopa</i> ® Yoga Therapist (IAYT)
Meditation Teacher Certifications
Certified Discussion Group Leader
Certified Vichara Therapist
Certified <i>Svaroopa</i> ® Vidya Meditation Teacher
Certified Meditation Group Leader
Certified Short Meditations Teacher
Certified Sutras & Philosophy Teacher
Advanced Teacher Training
Yoga Classroom Therapeutics Certification
Certified Deeper Yoga Teacher
Certified Vinyasa Teacher
Certified Beginner's Bliss Yoga Teacher
Certified Advanced Bliss Yoga Teacher
Certified Advanced <i>Svaroopa</i> ® Yoga Teacher
Continuing Ed
SPC: Specialty Certification available
EYTS: Continuing Ed without new certification
SPC: Certified Half-Day Workshop Leader
EYTS: Foundations Review
EYTS: Teacher TuneUp
EYTS: Teaching Without Props
EYTS: Deceptive Flexibility 1
EYTS: Deceptive Flexibility 2
EYTS: Intro to Teaching Gentle Yoga

Yoga Teacher Training (YTT)

YTT prepares you to teach yoga in all its dimensions and support your students as they discover more about themselves physically, mentally/ emotionally and spiritually. Getting Shaktipat from Swami Nirmalananda in YTT by was such a boon, propelling us into deeper explorations in our meditations. - Soraya P.

Four certifications are available in our Yoga Teacher Training programs:

Certified *Svaroopa*® Yoga Intro Teacher (CIT)
after successful completion of Foundations of *Svaroopa*® Yoga.

Certified *Svaroopa*® Yoga Basics Teacher (CBT)
after successful completion of YTT 1, DTS 1, YTT 2 & DTS 2.

Certified *Embodiment*® Yoga Therapist (CET)
after successful completion of *Embodiment*® Yoga Therapy Training & DTS.

Certified *Svaroopa*® Yoga Teacher (CSYT)
after successful completion of YTT3 & 4, DTS 3 & 4, Radical Anatomy and *Embodiment*® & DTS.

Refer to our separate YTT catalogue for details on these stairstep certifications. Each new level documents your increasing expertise for an employer or organization interested in your yoga classes and *Embodiment*® yoga therapy sessions.

Yoga Alliance and Yoga Australia recognize your certifications in this way:

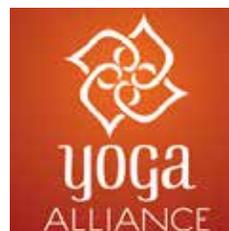
RYT 200 Yoga Alliance —
Certified *Svaroopa*® Yoga Basics Teacher (CBT)

RYT 500 Yoga Alliance —
Certified *Svaroopa*® Yoga Teacher (CSYT)

Level 1 Yoga Australia —
Certified *Svaroopa*® Yoga Basics Teacher (CBT)

Level 2 Yoga Australia —
Certified *Svaroopa*® Yoga Teacher (CSYT)

The trainings in this Advanced Teacher Training Catalogue offer many levels of increased expertise and professionalism as well as your deepening as a yogi. While our Yoga Teacher Trainings and Professional Yoga Therapist Training are recognized by three international professional organizations, at this time no governing bodies acknowledge trainings as an advanced teacher or meditation teacher. We look forward to qualifying for such approvals or accreditation when they become available.



Professional Yoga Therapist (PYT)

Formally accredited by IAYT*, we have 30 years of experience in training Yoga Therapists in powerful yogic techniques that empower their clients' healing process.

1. First you learn therapeutic adaptations for use in group classes, leading students into rapid physical improvements as well as psychological and lifestyle upliftment.
2. For giving private sessions, you begin with learning how to treat pain, providing reliable pain relief regardless of their condition.
3. Studying treatment procedures for a wide variety of conditions, you are supported by a personal Mentor as you apply these proven treatments and see your clients getting amazingly better.
4. Your training culminates with learning to integrate the principles of *Svaroopa*® yoga with the Western medical perspective, including learning how to lead our well-known Yoga Pain Clinic.

Coupled with IAYT's emphasis on "Bridging Yoga and Healthcare," you will be on the front edge of the profession's recognition by, and collaboration with, the medical establishment. Most importantly, you will know how to use yogic tools to make immense changes for your clients in a short time.

Certified Embodiment® Yoga Therapist

The Embodiment® training program allows you to dive even deeper into your own Self while also learning specific therapeutic techniques to help clients on their own journey toward healing. – Lisha R.

In this training, you personally receive more spinal release than in any other training. Guided by our Teacher Trainers, you both give and receive sessions every day. Your understanding of spinal anatomy and its effects on the whole body deepen as you begin to experience your spine unfurling in a whole new way. This course significantly expands and uplifts your teaching abilities while it qualifies you to give private sessions, which radically increases your income potential.

Prerequisite: Foundations of *Svaroopa*® Yoga. NOTE: *Embodiment*® is one of the prerequisites for entry into our Professional Yoga Therapist certification program.

Curriculum: *Embodiment*® Yoga Therapy Training & DTS

Yoga Text Studied: Patanjali's Yoga Sutras, Pratyabhijñāhridayam.



Certified Svaroopa® Yoga Therapist

This therapy is highly effective. During PYT 262: Treating Pain, decades of tension were released from my body. The sutra studies and meditations took me to a deeper level too. So many people suffer from pain, I expect that my private client base will increase. – Abby C.

Learn radically effective therapeutic techniques and watch your clients heal! Specialized poses and advanced therapeutic techniques are augmented by the way you engage their mind in their healing, using our vichara (guided self-inquiry) techniques while they are in the poses. Deepen your knowledge of anatomy and physiology, especially from yoga's perspective, integrating the medical perspective while you learn how to lead Yoga Pain Clinics. Gain a profound understanding of the healing process and how to guide your clients through it smoothly and easily.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, SATYA member in current standing.

Curriculum:

- YCT 1 (7-day immersion training) & DTS
- YCT 2 (7-day immersion training) & DTS
- Radical Anatomy (3-day immersion training)
- PYT 262: Yoga Therapy — Treating Pain (10-day immersion training) & DTS
- PYT 463: Yoga Therapy — Neck & Shoulders (10-day immersion training) & DTS
- PYT 464: Yoga Therapy — Spine, Knees & Feet (10-day immersion training) & DTS
- PYT 465: Medical Yoga (10-day immersion training) & DTS

Yoga Texts Studied: Patanjali's Yoga Sutras, Pratyabhijñāhridayam.

Svaroopa® Yoga

Profound Results

Reap the most profound results from your very first experience of *Svaroopa*® yoga therapy. Our poses and healing practices remove the blocks to your inherent health, joy and spirituality. Enjoy the multidimensional results promised by the ancient sages, delivered in our modern age.

Meditation Teacher Certifications

Certified Discussion Group Leader

Learn to lead a Yoga Philosophy Discussion Group, helping your students understand the deeper experiences that they are already having. Inspire them to recognize their yoga experiences and carry them into their life. Facilitate their sharing of breakthroughs with each other and with you. Use this program to build and strengthen your yoga community. The relationships they establish in the discussion group will motivate their continuing commitment to classes and deepen their understanding of yoga's application in their life.

Prerequisite: Certified *Svaroopa*® Yoga Intro Teacher (CIT)

Curriculum: Leading a Discussion Group (telephone course with five 2-hour conference calls).

Certified Vichara Therapist

Just as asanas open the body, vichara helps to open the mind... Understanding this has already helped me to react less and begin to clear mental constructions that keep me from living in Consciousness. - Jane F.

The mind is very tricky! Dealing with your own is hard enough, but supporting students and clients through the process is even more challenging. Our guided self-inquiry process clears the "stuff" out of mind and heart, whether you are offering vichara in private sessions or using it for yourself.

Prerequisites: Certified *Embodiment*® Yoga Therapist, Certified Discussion Group Leader, and Shaktipat Retreat with Swami Nirmalananda

Curriculum: Vichara Therapist Training (5-day immersion training) & DTS.

Certified *Svaroopa*® Vidya Meditation Teacher

This is a very thorough training which prepares you to teach meditation. My own experience and understanding of meditation deepened, which gives me more confidence to teach it. - Robin B,

Learn to teach a Meditation Course with three class meetings, in which you give your students tools to make their meditation deep and easy from the beginning. Profoundly deepen your own inner experience, which makes you more able to teach others. Guide your students into the exploration of their own existence, their own *svaroopa*.

Prerequisites: Shishya Member, Foundations or Foundations Review, and Shaktipat Retreat within the prior 18 months

Curriculum: *Svaroopa*® Vidya Meditation Teacher Training (12-day immersion training) & DTS.

Certified Meditation Group Leader

The level of teachings in this course are what I was ultimately looking for when I came to the asana practice many years ago. - Nathan M.

Offer a wonderful gift to everyone and to the world. *Svaroopa*® Vidya meditation satsangs are seva opportunities that are profoundly transformative, serving others in the way that Swami Nirmalananda serves us. Lead others in deepening their experience of the Grace flowing through the *Svaroopa*® Vidya lineage. Learn how to draw on it and describe it to others, as well as how to support their inner process.

Prerequisite: Shishya Member, Certified *Svaroopa*® Vidya Meditation Teacher

Curriculum: Meditation Group Leader Training (8-day immersion training) & DTS.

Certified Short Meditations Teacher

Lead short meditations for groups to introduce them to *Svaroopa*® Vidya meditation. These are wonderful community service programs, intros to promote your meditation course or to offer as part of a retreat or program taught by another teacher. The ease and power of their meditation experience will inspire them to continue at home or to come for more training.

Prerequisite: Shishya Member, Certified *Svaroopa*® Vidya Meditation Teacher

Curriculum: Leading Short Meditations Training (4-day immersion training) & DTS.

Certified Sutras & Philosophy Teacher

Lead others more deeply into the intricacies of the sutras, getting beyond Sanskrit terminology to the experience described. Studying sutras under the guidance of an authorized Master enlivens your understanding and brings these ancient truths to life. Swami Nirmalananda focuses on different texts in different courses, with prerequisites determined by the complexity of the text. These trainings are announced 12-18 months in advance.

Prerequisite: Shishya Member, Certified *Svaroopa*® Vidya Meditation Teacher

Curriculum: 5-10 day immersion trainings in various yogic texts, with related DTS for each one.

Svaroopa® Vidya

To Know Your Own Self

The inner knowing, beyond thought or belief, an undeniable and blissful certainty within — this is what you seek. Your Self knows your Self. Meditation reveals your inherent Divinity when it is fueled by the blessing of the masters who already know. It's the highest teaching you can give to others, the greatest way to serve humankind.

Advanced Teacher Training (ATT)

ATT prepares you to live in and from a deeper level within your Self. With new variations and adjustments, you learn to teach your own students to appreciate that deeper level within themselves. - Marlene G.

Yoga Classroom Therapeutics Certification (YCT)

YCT deepened my understanding of the poses. I now know how to apply alignments, adjustments and propping with my students and within my own practice. - Peggy S.

Learn amazing techniques to help students who have trouble in the poses during yoga class. Specialized propping, pose angles and especially adjustments — amazing adjustments! Everyone in your class will benefit from your expanded ability to see what their body needs and provide personalized help or instructions that move them through their blocks.

Prerequisite:

YCT1: prerequisites are YTT 1 & DTS

YCT2: prerequisites are YTT 2, YCT 1 & DTS

YCT3: prerequisites are YTT 3, YCT 2 & DTS

YCT4: prerequisites are YTT 4, YCT 3 & DTS

Curriculum:

YCT 1 (7 day immersion training) & DTS

YCT 2 (7 day immersion training) & DTS; this completes your YCT prerequisites for Professional Yoga Therapist Training

YCT 3 (7 day immersion training) & DTS

YCT 4 (7 day immersion training) & DTS; complete your CSYT in order to be certified in Classroom Therapeutics

Yoga Texts Studied: Sutras selected from various texts.

Certified Deeper Yoga Teacher

This advanced course gave the most amount of insight I've ever gotten in all the trainings I've taken. Studying the Yoga Sutras, working on the poses, meditation and japa gave me an amazing level of clarity and ability to assimilate the teaching with more ease. - Julia W.

Teach powerful new poses and variations as well as learn amazing new adjustments. Offer contemplations directly from Patanjali's Yoga Sutras, significantly expanding your students' understanding of yoga and of themselves. Take your continuing level students to new depths. Inspire your more dedicated students in deliciously longer Deeper Yoga classes.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, Radical Anatomy, Yoga Classroom Therapeutics 1 & 2 and DTS for each

Curriculum:

DEEPER: Lower Spinal Release Training (5-day immersion training) & DTS

DEEPER: Heart Openers Training (5-day immersion training) & DTS

DEEPER: Abs Training (5-day immersion training) & DTS

DEEPER: Backbends Training (5-day immersion training) & DTS

DEEPER: Standing Poses Training (5-day immersion training) & DTS

Yoga Text Studied: Patanjali's Yoga Sutras



Certified *Svaroopa*® Vinyasa Teacher

Teach our Warrior Vinyasa and other themed pose series, continuously moving sequences linked with your breath. Develop more strength and flexibility while deepening your spinal decompression and your inner state — a whole new way to live in your body and in the world. Learn to teach advanced practices as a consciousness-flow rather than a mere physical feat. It is physical. And it is more than physical.

Prerequisites: Certified *Svaroopa*® Yoga Deeper Teacher

Curriculum:

Vinyasa Training (5-day immersion training) & DTS

Warrior Vinyasa Training (5-day immersion training) & DTS

Yoga Text Studied: Bhagavadgita

Certified Beginners Bliss Yoga Teacher

Dive into the most advanced level of *Svaroopa*® yoga, beginning with the first stage: Beginner's Bliss. Deliver your students into the bliss of the Self through a specialized class format, as well as pose variations and advanced adjustments. Develop and sustain your own yogic state while you are teaching.

Prerequisites: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics (YCT)

Curriculum:

DEEPER: Lower Spinal Release Training (5-day immersion training) & DTS

DEEPER: Forward Bends Training (5-day immersion training) & DTS

DEEPER: Twists & Seated Poses Training (5-day immersion training) & DTS

Beginners Bliss Yoga Training (10-day immersion training) & DTS

Yoga Texts Studied: Vijñāna Bhairava, Vivekachudamani and Narada's Bhakti Sutras

Certified Advanced Bliss Yoga Teacher

Lead students deeper into bliss than ever before, especially with the new subtleties for their yogic breathing practice. Further your ability to guide others while you are in your own state of inner bliss. Transform your students' minds and hearts by opening their bodies, minds, and hearts simultaneously. Further develop their yogic state with poetic and beautiful contemplations.

Prerequisite: Certified *Svaroopa*® Yoga Beginners Bliss Teacher

Curriculum:

Advanced Bliss Yoga Training (10-day immersion training) & DTS

Yoga Texts Studied: Vivekachudamani and Narada's Bhakti Sutras

Certified Advanced *Svaroopa*® Yoga Teacher

Dive deeper! Always dive deeper – each course is an exponential expansion of what has come before. - Cayla A.

Develop increasing mastery over your body and lead your students to a whole new level of health and vitality. The teaching themes you study and share at this level are dramatically more effective, both for physical change as well as increased spiritual depth and resonance.

Prerequisite: Certified *Svaroopa*® Yoga Teacher (CSYT), Certified in Yoga Classroom Therapeutics, Certified *Svaroopa*® Yoga Deeper Teacher

Curriculum:

DEEPER: Forward Bends Training (5-day immersion training) & DTS

DEEPER: Neck & Shoulders Training (5-day immersion training) & DTS

DEEPER: Twists & Seated Poses Training (5-day immersion training) & DTS

DEEPER: Balance & Inversions Training (5-day immersion training) & DTS

DEEPER: Classical Poses Training (5-day immersion training) & DTS

Yoga Text Studied: Shiva Sutras

Svaroopa® Yoga

Beyond Your Limitations

The quality of life is not based on how much you do but on how much you let go; not on how far you go, but on how open and easy you are. *Svaroopa*® yoga dissolves physical limitations as well as mental, emotional and spiritual blocks, to open up the way you live inside your own skin.



Continuing Education

You've got options! The above trainings are available to you whether you complete a new certification or are simply advancing in your professional expertise. In addition you have two more ways of continuing your professional development:

• Specialty Certifications (SPC)

These short courses provide certification after each one, making you able to expand your class offerings to new groups of people. You easily expand your income opportunities while serving a broader range of students. As these courses provide a certification, each includes Develop Your Teaching Skills (DTS), meaning you have homework to do.

• Enrich Your Teaching Skills

Continue your professional education without working on additional certifications. Each training extends your SATYA current standing and usually fulfills continuing education requirements for other professional organizations. There's no DTS, meaning there's no homework when you return home. Simply sign up and show up, do lots of *Svaroopa*® yoga in the company of other teachers and get lots of changes. You'll learn new poses and variations while you hone your skills and deepen your yoga.

SPC: Certified Half-Day Workshop Leader

This training is very beneficial in many way - for pose specifics and changes, to deepen my state and my home practice, and to be able to offer these new skills to my students and community.
- Andrea W.

Take your students deeper by expanding your teaching skills, which also enhances your income potential. Learn poses to use in your 3-hour pose workshops, along with variations and adjustments that make the experience meaningful for your students. Develop your understanding of how to create teaching themes that empower your students to take yoga into their life.

Prerequisite: Certified *Svaroopa*® Yoga Basics Teacher (CBT)

Curriculum: Leading Half-Day Workshops Training (5-day immersion training) & DTS

SPC: Teaching Yoga for Your Back

Offer a "Yoga for Your Back" course for people with back, neck and shoulder pain. Learn to handle their physical needs as well as how to help them when their mind gets lost in the pain cycle. Get them beyond mere maintenance to true healing and a new way of living.

Prerequisites: Certified *Svaroopa*® Yoga Basics Teacher (CBT), Certified *Embodiment*® Yoga Therapist, YCT 1 & 2 and DTS

Curriculum: Teaching Yoga for Your Back Training (7-day immersion training) & DTS

EYTS: Foundations Review

Deepen your knowledge of the foundational *Svaroopa*® yoga poses, with a bonus of chanting, meditation and asana classes. A great and quick refresher, enroll so you can prepare for YTT 1 if it has been more than six months since your Foundations. This program fulfills Continuing Ed standards for *Svaroopa*® yoga teachers, either to extend or reinstate your current standing.

Prerequisite: Foundations of *Svaroopa*® Yoga

EYTS: Teacher TuneUp

I am inspired and enthusiastic about teaching again after reviewing some poses and learning new variations and alignments. The coaching from Teacher Trainers and fellow students was an amazing experience of growth and will make me more effective as a teacher. - Brenda B.

Your fellow teachers are the deepest and most committed yogis you are likely to find, and those with whom you can share your yoga most deeply. They also know what it's like to be teaching yoga in the real world, so this weekend is all about supporting and coaching each other. Enjoy the time with Gurudevi and our Teacher Trainers as well as learning from your peers — all while you're deepening both your inner experience and your outer connections.

Prerequisite:

Teacher TuneUp — Daily Practice: prerequisite is YTT 1

Teacher TuneUp — Core Opening: prerequisite is YTT 1

Teacher TuneUp — Abdominals: prerequisite is YTT 2

Teacher TuneUp — Backbends: prerequisite is YTT 2

Teacher TuneUp — Standing Poses: prerequisite is YTT 2

Teacher TuneUp — Forward Bends: prerequisite is YTT 3

Teacher TuneUp — Neck & Shoulders: prerequisite is YTT 3

Teacher TuneUp — Balance & Inversions: prerequisite is YTT 3

Teacher TuneUp — Classical Poses: prerequisite is YTT 4

Teacher TuneUp — Vinyasa: prerequisite is YTT 4

Teacher TuneUp — Seated Poses & Twist: prerequisite is YTT 4



EYTS: Teaching Without Props

Teach when there's not a blanket, block or strap to be found! Learn to offer *Svaroopa*® yoga poses without the props we usually rely on. Use your new skills to broaden your teaching opportunities — teaching in places without props. Plus you can teach students that are familiar with propping how to do their yoga on vacation or at work, in a hotel or on the beach.

Prerequisite: YTT 1 and DTS

EYTS: Deceptive Flexibility 1

This training is packed with valuable information and invaluable inspiration. Deceptive Flexibility practices are very important for everyone; Svaroopa® Yoga amplified to bring more spinal opening for every body. - Phil M.

You may have some students who are able to move very far into poses, even further than you! They pay a very high cost for this deceptive flexibility. The instability in their hip joints and tremendous spinal compression can lead to early hip replacement surgery, even arthritis in their hips and/or spine as well as serious digestive problems. This training teaches you how to spot hyperflexible students as well as how to prop them (or yourself!) for maximum effectiveness. Most importantly, you learn how to work with their minds to transcend the “picture perfect” paradigm they’ve brought from their dance backgrounds, other yoga styles, athletic endeavors or life itself.

Prerequisite: YTT 1 and DTS, *Embodiment*® Yoga Therapy Training

EYTS: Deceptive Flexibility 2

Learn more powerful poses and variations that make you able to use your abs, legs and arms to stabilize hyperflexible joints, creating deeper spinal decompression. This course is beneficial for yourself as well as for students who do impressive poses but still have pain. This professional training picks up where Deceptive Flexibility 1 left off both with body and mind.

Prerequisite: YCT 3 and DTS, EYTS Deceptive Flexibility 1

EYTS: Intro to Teaching Gentle Yoga

I now have so much information for helping people who have limitations in what they can do. I feel more confident in leading a class, no matter who shows up. - Deborah L.

You have students, friends, and family members who have significantly limited flexibility, serious pain or illness, or are recovering from an injury or surgery. You want to help but are not sure what they need. Gain the tools you need to safely and effectively work with “outside-the-bell-curve” students. In this five-day course, you learn special modifications for these students’ needs (as well as your own) as well as how to work with their mind to open up new opportunities for them.

Prerequisite: Certified *Svaroopa*® Yoga Basics Teacher (CBT), YCT 2 & DTS.



You Are Eligible To Study:

This listing shows your options succinctly. Most trainings are five days long, with a few lasting seven or ten days or longer. A staircase curriculum, you will find many trainings that move you toward multiple certifications simultaneously.

No prerequisites:

- Radical Anatomy
- Foundations of *Svaroopa*® Yoga
- Year-Long Programme with Gurudevi
- Shaktipat Retreat
- Deepen Your Yoga, other Weekends and Retreats

Foundations of *Svaroopa*® Yoga qualifies you to study:

- Meditation Teacher Training (additional prereq - Shaktipat Retreat)
- Components As (YTT 1 & 2) and then B (YTT 3 & 4)
- Discussion Group Leader
- Foundations Review
- Embodiment*® Yoga Therapist Training

Certified *Embodiment*® Yoga Therapist qualifies you to study:

- Professional Yoga Therapist Trainings (additional prereq - YTT 2 & DTS)
- Vichara Therapist Training (additional prereq - Discussion Group Leader)

Certified Meditation Teacher qualifies you to study:

- Meditation Group Leader
- Leading Short Meditations
- Sutras & Philosophy Teacher

YTT 1 qualifies you to study:

- YTT 2, leading to your CBT (Certified *Svaroopa*® Yoga Basics Teacher)
- YCT 1, leading to YCT certification (Yoga Classroom Therapeutics)
- Teacher TuneUps in related themes
- EYTS: Teaching Without Props
- EYTS: Deceptive Flexibility 1 (additional prereq - *Embodiment*®)

YTT 2 and CBT qualifies you to study:

- YTT 3, leading to your CSYT (Certified *Svaroopa*® Yoga Teacher)
- YCT 2, leading to YCT certification (Yoga Classroom Therapeutics)
- Professional Yoga Therapist Trainings (additional prereq - *Embodiment*®)
- SPC: Leading Half Day Workshops
- Teacher TuneUps in related themes

YTT 4 and CSYT qualifies you to study:

- YCT 4 and YCT certification (Yoga Classroom Therapeutics)
- Teacher TuneUps in related themes

YCT 2 (Yoga Classroom Therapeutics) qualifies you to study:

- YCT 3 & 4, leading to YCT certification (Yoga Classroom Therapeutics)
- EYTS: Intro to Teaching Gentle Yoga
- Professional Yoga Therapist Trainings (additional prereqs - *Embodiment*® & DTS)
- Deeper Yoga Teacher Trainings (additional prereqs - *Embodiment*® & Radical Anatomy)

YCT 3 (Yoga Classroom Therapeutics) qualifies you to study:

- YCT 4, leading to YCT certification (Yoga Classroom Therapeutics)
- EYTS: Deceptive Flexibility 2 (additional prereq - Deceptive Flexibility 1)

YCT 4 & YCT certification qualifies you to study:

- Beginners Bliss Teacher & Advanced Bliss Teacher

Certified Deeper Yoga Teacher qualifies you to study:

- Vinyasa Teacher
- Advanced *Svaroopa*® Yoga Teacher

Svaroopa® Yoga

Accessible Yoga

We meet you where you are, customizing the pose to your needs. Melt away the pain, tension and years to become alive, supple and strong. You don't have to know what you are doing because we know what we are doing for you.

