



Svaroopaa® Vidya Ashram

Svaroopaa® Yoga Teacher Training

Our teaching methodology focuses on your experience of bliss and prepares you to teach others how to find their inner bliss.

Bliss is the goal. Bliss heals. Bliss transforms.

Bliss is your inherent nature.

Svaroopaa® yoga is Bliss Yoga.



Healing

Pain-free is a reliable result of Svaroopaa® Yoga. Your physical improvements are obvious and immediate, along with your mind and heart being uplifted. How does it work? Svaroopaa® yoga works by decompressing your spine. You get a new body and a new you, all at the same time.



Transformation

Guaranteed: a change of mind and even a change of heart. As Svaroopaa® yoga decompresses your spine, your mind decompresses and heart opens. You put less pressure on the people around you, even less pressure on yourself, yet you accomplish more than ever before.



Illumination

Jump start your spiritual development. While starting with your body, Svaroopaa® Yoga quickly leads you to the inner experience of your own Divine Essence. Grace permeates the process, supports you along the way and reveals your life's purpose — the knowing of your own svaroopaa, your inherent Divinity, your own Self.

Svaroopa® Yoga Explained

By Gurudevi Nirmalananda

A slower-paced yoga class features precision with compassion. As a teacher, you are trained to use props, alignments and adjustments to personalize the poses so they target the spine. Dissolving the deepest layers of tensions gives instantaneous relief from most aches and pains. It's simple yet profound. You learn how to melt away the years and the scars at the same time, unraveling your mental and emotional tangles along with your karma.

Every pose is customized to individual needs, to give maximum benefit in the shortest time. Spinal decompression tracks from tail-to-top, reflecting the tantric technology unique to Svaroopa® Yoga. This simultaneously opens up profound mystical experiences. You must feel your way through it in order to understand it, so profoundly different from athletics, aerobics and gymnastics. An organic process of blossoming forth, named "unmilana" in the Sanskrit texts, provides health and beauty on the way to the mystical attunement to Consciousness-Itself.



Svaroopa® Vidya Ashram

A full-service Ashram, we are focused on your enlightenment. Along the way, we train you to do sacred work as a yoga teacher, yoga therapist and meditation teacher. We offer certifications at many levels and in many specialties:

Svaroopa® Yoga Teacher — get certified as an Intro Teacher, as a RYT 200 and RYT 500.

Yoga Classroom Therapeutics — certification in therapeutic adaptations and variations for your students.

Embodiment® Yoga Therapist — yogic hands-on healing without the karmic backlash, this training prepares you to make significant changes for your private clients in a short time.

Professional Yoga Therapist Training — see our ATT brochure for more info on our IAYT-accredited program, along with certifications in Advanced Levels and Specialty Certifications.

Meditation Teacher Training — see our ATT brochure for how to train as a Svaroopa® Vidya meditation teacher.

START TEACHING WITH:

Foundations of Svaroopa® Yoga

You begin with the most important poses, called “Foundational Poses” because they underlie all our other practices. Pain, stress and trauma melt away as you learn how to lead others through the same process. Five days of immersion training prepares you to teach intro classes while it gives you a taste of our Teacher Training programs.

Blissful, divine, empowering, enlightening, relaxing... At the same time, exhausting in a good way. —Shirlene K.

It was very well organized in every way, from the lodging and food to the course structure and much more. No doubt, the best experience as a student I have ever had. —Ronald B.

START GIVING YOGA THERAPY SESSIONS:

Embodiment® Yoga Therapist Training

Learn how to spark your client's innate power of healing through yogic technology, simple and effective for every body. This is the first level of our yoga therapist training, empowering you to give hands-on-healing sessions that make profound changes easily. Discover the healing power of Consciousness, first immersing yourself in it, then learning how to invoke it in your client. In this way, they become the healer, while you serve as the catalyst to them healing themselves.

Embodiment® is a wonderful training, well thought out and delivered. The skills we learned are amazing. I look forward to doing this therapy for years to come. —Sarah B.

The healing I got in my own back was amazing! The knowledge on how the therapy works was clear and very interesting. I left fully capable of giving the therapy to others. —Trisha S.



Pain-Free, Is it Possible?

Unraveling the deepest tensions in your body, from your spine outward, makes anything possible. In this magical process, pain dissolves as your spine lifts and lengthens, an amazingly easy and thoroughly enjoyable process. Best of all is the peace and joy that arises within, yoga's ancient promise echoing through the ages.

You haven't really experienced yoga, your own body or your true potential until you dive into Svaroopa® yoga! —Carol Z.

Multi-Dimensional Healing

Along with physical changes, the inner transformation that gives you a new way of seeing is much more important. Your own life and the world begin to look perfect, even though it is the same world that used to drive you crazy.

CERTIFIED BASICS TEACHER

Component A qualifies you as a RYT 200 with Yoga Alliance.

Having successfully completed Foundations of Svaroopa® Yoga, you need only 150 more hours of training. You take your trainings in this order:

- YTT 1: 6-day immersion
- DTS 1: 4 months at-home mentoring
- YTT 2: 6-day immersion
- DTS 2: 4 months at-home mentoring

YTT 1 & 2 Immersion Trainings

Learn to teach 37 poses with over 300 teaching elements, including props, alignments and adjustments to adapt the poses for students who need help. Develop your ability to design a curriculum in five teaching themes that take students from beginner to intermediate levels in a few months. Best of all, your YTT 2 includes a Shaktipat Day, with Gurudevi Nirmalananda giving you the initiation that deepens your meditation as well as your ability to teach.

YTT gives the information and guidance I required to teach successfully, along with the opportunity to open up and dive deeper within myself. —Annie W.

Very valuable! And the knowledge of the trainers is unique and extensive. —Ted S.

Svaroopa® Yoga is the best and most effective form of physical yoga practice. —Sandra H.

The depth and structure are excellent. Also the people it attracts are fun to be with. So rich! —Samantha G.

DTS 1 & 2 (Develop Your Teaching Skills) — mentored at-home study

Learn to design yoga classes in five teaching themes: Daily Practice, Core Opening, Abdominals, Backbends and Standing Poses. Lead your students through progressive mastery of their body along with the inner blossoming guaranteed by Svaroopa® Yoga's spinal release.

I have never had follow-up like this in any area of study. It is quite an ingenious plan... —Pamela S.

DTS was incredible. I can't imagine being an effective teacher without having the continued learning experience of DTS. —Linda W.

I found DTS tremendously helpful...I feel so very supported in taking these teachings to my students. —Lee M.



Uncommon Yoga

Transcend the athleticism of modern yoga by exploring the yogic mystery hidden within. Using the poses to unlock the hidden dimensions of your own being, you gain health, personal transformation and the bliss of your inherent Divinity, all at the same time.

If you have any interest in meditation, spirituality or enlightenment, Shaktipat is for you! This initiation propels you inward for deep and easy meditation, and the reliable experience of your own Self.

—Ruth B.



CERTIFIED SVAROOPA® YOGA TEACHER

This certification qualifies you as an RYT 500 with Yoga Alliance. Your certification as a Svaroopa® Yoga Basics Teacher is the prerequisite for this next level of training, which includes:

- Embodiment® Yoga Therapist Training & DTS*
- Radical Anatomy*
- YTT Component B (four trainings):
 - YTT 3: 8-day immersion
 - DTS 3: at-home mentoring
 - YTT 4: 8-day immersion
 - DTS 4: at-home mentoring

Radical Anatomy

Understand the radical anatomical concepts behind Svaroopa® Yoga in a three-day weekend. Apply living anatomy to the problems of pain and disease to discover how easy it is to dissolve the root causes of each. Working with your body as well as the anatomy book, you will see and understand the instantaneous results our therapeutic yoga provides.

This is so much valuable information on how to help ourselves and students dealing with a sickness or disease. I have a much deeper understanding about the human body now. —Patty K.

A wonderful program for helping "embody" anatomy and the teachings. I loved the balance between experiential and talk. —Phil M.

Understanding the anatomy from Svaroopa® Yoga's perspective is just radical, coalescing with the teachings to help see the relation between the two. —Margot G.

YTT 3 & 4 Immersion Trainings

Learn 47 poses with 350 teaching elements, including how to adapt poses for students individually. Develop your teaching curriculum in six more teaching themes that include the classical roots of yoga practice as well as vinyasa (breath and movement combined). Another Shaktipat Day is included in your YTT 4, even more powerful due to all your preparation and practices.

This training prepares you to teach yoga in all its dimensions and support your students as they discover more about themselves physically, mentally/emotionally, and spiritually. —Soraya P.

No stone is left unturned. —Willi T.

The powerful effect of each and every pose, but more importantly how they were taught. —Joe Y.

Shaktipat was such a powerful addition to the program and added to the whole week synergistically. —Rebecca Y.

DTS 3 & 4 (Develop Your Teaching Skills) — mentored at-home study

Learn to design yoga classes in six teaching themes:

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

** You must complete Embodiment® and Radical Anatomy before beginning YTT 4*

YTT will provide many more poses with new understandings of both the tensions in your body and how to release those tensions in new ways, as well as the tensions in your mind.

—Scott H.

This is a superb program of the highest level of professionalism.

—Wendy H.

Svaroop® Yoga is the best and most effective form of physical yoga practice. Great training, very intense, but makes the most of the time. With appreciation!!!

—Sandra H.

**Earn your professional certifications in Svaroop® Yoga
(see info inside):**

Certified Intro Teacher
Certified Basics Teacher (RYT 200)
Certified *Embodiment*® Yoga Therapist
Certified Svaroop® Yoga Teacher (RYT 500)

See our ATT catalogue for advanced training levels, including:

Certified in Yoga Classroom Therapeutics
Professional Yoga Therapist (IAYT-Accredited)
Deeper Yoga Teacher
Bliss Yoga Teacher
Advanced Svaroop® Yoga Teacher
and more...

Visit us at www.svaroop.org

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