

# Upcoming 2020 Programs



Svaroop® Vidya Ashram

BEGIN	END	RESIDENTIAL
All residential programs are in Downingtown, PA unless another location is specified. Housing & Meals are included. ♥ means it's a new program.		
<b>AUGUST</b>		
8/10	8/14	Yoga Healing Retreat
8/14	8/16	Shaktipat Retreat
8/28	8/30	♥ So'ham Meditation Weekend
<b>SEPTEMBER</b>		
9/11	9/13	♥ Teaching "Troubleshooting Your Meditation" Weekend
9/23	9/27	Yoga Healing Retreat
9/29	10/4	Deceptive Flexibility 1
<b>OCTOBER</b>		
10/9	10/11	♥ Chanting & Meditation Weekend
10/17	10/25	YTT 3
10/23	10/25	Shaktipat Retreat, Boston MA
10/30	11/8	♥ Mindfulness & More 10-day Meditation Retreat
<b>NOVEMBER</b>		
11/13	11/15	Year-Long Programme Retreat
11/17	11/22	Deceptive Flexibility 2
11/27	11/29	Shaktipat Retreat
11/29	12/3	Yoga Healing Retreat
<b>DECEMBER</b>		
12/3	12/6	♥ Poses for Meditation Teachers
12/6	12/17	Meditation Teacher Training

BEGIN	END	ONLINE
All online programs are on Zoom, accessible on your phone, tablet or computer. A Zoom coach is available twice weekly. ♥ means it's a new program.		
<b>AUGUST</b>		
8/10	8/14	Home Healing Retreat
8/14	8/16	Shaktipat Retreat
8/18	9/8	♥ Teaching Online Therapeutics Section B (weekly)
8/21	9/4	♥ The Magic of Ujjayi (Tuesdays & Fridays)
8/28	8/30	♥ So'ham Meditation Weekend
<b>SEPTEMBER</b>		
9/17	12/10	♥ MTT: Mystical Terminology (twice weekly)
9/22	10/13	♥ Teaching Online Therapeutics Section C (weekly)
9/23	9/27	Home Healing Retreat
<b>OCTOBER</b>		
10/1	10/15	♥ Sutras on Pain (Mondays & Thursdays)
10/9	10/11	Chanting & Meditation Weekend
10/23	10/25	Shaktipat Retreat
10/27	11/24	♥ Teaching Online Therapeutics Section D (weekly)
10/30	11/18	♥ 10-day Meditation Retreat: Mindfulness & More
<b>NOVEMBER</b>		
11/13	11/15	Year-Long Programme Retreat
11/27	11/29	Shaktipat Retreat
11/29	12/3	Home Healing Retreat
<b>DECEMBER</b>		
12/7	12/16	♥ Sutras & Meditation Course

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