



2024 Programs

Self-Discovery

Finding your inner depths, making outer differences and recognizing the source both inside and outside.

BEGINS	TITLE	TYPE	LOC.
December 2023			
Dec 30	2024 New Year's Retreat	Practices Retreat	📍🌐
January 2024			
Jan 9	Yoga Healing Retreat	Therapeutics Retreat	📍🌐
February			
Feb 3	Yoga Teacher Training – Level 2	YTT	📍
Feb 6	YogaBody Classroom Therapeutics	EYTS	📍🌐
March			
Mar 1	Yoga Healing Retreat	Therapeutics Retreat	📍🌐
Mar 7	Gurudevi's Shivaratri Chanting Retreat	Practices Retreat	📍🌐
Mar 11	Leading Guided Meditations Training	MTT	🌐
Mar 19	Foundations of <i>Svaroopā</i> ® Yoga	YTT	📍
Mar 21	MTT TuneUp (Online classes begin)	MTT	🌐
Mar 24	Foundations Extension	YTT	📍
April			
Apr 16	Yoga Healing Retreat	Therapeutics Retreat	📍🌐
May			
May 2	Knots in Your Neck	EYTS	📍
May 16	Leading Guided Meditations Training	MTT	🌐
May 17	Shaktipat Retreat	Practices Retreat	📍🌐
June			
Jun 4	MTT TuneUp (Retreat begins)	MTT	📍
Jun 21	PYT 463 – Neck & Shoulders	PYT	📍

BEGINS	TITLE	TYPE	LOC.
July			
Jul 16	Vowed Members Retreat	Practices Retreat	📍
August			
Aug 4	Yoga Teacher Training – Level 4	YTT	📍
Aug 13	YogaBody Classroom Therapeutics	EYTS	📍🌐
Aug 31	<i>Embodiment</i> ® Therapist Training (Australia)	YTT	📍
September			
Sep 10	Foundations of <i>Svaroopā</i> ® Yoga	YTT	📍
Sep 15	Foundations Extension	YTT	📍
Sep 16	Meditation Group Leader Training	MTT	📍
Sep 27	Shaktipat Retreat	Practices Retreat	📍🌐
Sep 29	Blue Pearl Retreat	Practices Retreat	📍
October			
Oct 20	Deceptive Flexibility 1	EYTS	📍
Oct 30	Poses for Meditation Teachers	YTT	📍
November			
Nov 5	Meditation Teacher Training	MTT	📍
Nov 29	Shaktipat Retreat (Australia)	Practices Retreat	🌐
December			
Dec 10	Leading Short Meditations Training	MTT	📍
Dec 30	2025 New Year's Retreat	Practices Retreat	📍🌐

📍 Course offered onsite in Downingtown, PA unless another location is specified

🌐 Course offered online in Eastern Time

EYTS — Enrich Your Teaching Skills

MTT — Meditation Teacher Training

PYT — Professional Yoga Therapist Training

YTT — Yoga Teacher Training