



## 2024 Programs

# Self-Discovery

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

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

BEGINS	TITLE	TYPE	LOC.
<b>July</b>			
Jul 12	Vowed Members Retreat	Practices Retreat	📍
<b>August</b>			
Aug 4	Yoga Teacher Training – Level 4	YTT	📍
Aug 13	YogaBody Classroom Therapeutics	EYTC	📍 🌐
Aug 31	<i>Embodiment</i> ® Therapist Training (Australia)	YTT	📍
<b>September</b>			
Sep 10	Foundations of <i>Svaroopā</i> ® Yoga	YTT	📍
Sep 16	Meditation Group Leader Training	MTT	📍
Sep 27	Shaktipat Retreat	Practices Retreat	📍 🌐
Sep 29	Blue Pearl Retreat	Practices Retreat	📍
<b>October</b>			
Oct 20	Deceptive Flexibility 1	EYTS	📍
<b>November</b>			
Nov 5	Meditation Teacher Training	MTT	📍
Nov 29	Shaktipat Retreat (Australia)	Practices Retreat	🌐
<b>December</b>			
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