



2025 Programs

Expanding Inward

Svaroopaa® yoga dissolves your physical limitations as well as mental, emotional and spiritual blocks, to open up the way you live inside your own skin.



| PROGRAM | BEGINS | TYPE | LOC. |
|---------------------------------|--------|-------------------|------|
| New Year's Retreat | Dec 30 | Practices Retreat | 📍 🌐 |
| Yoga Healing Retreat | Jan 7 | Healing Retreat | 📍 🌐 |
| India Retreat with Gurudevi* | Jan 28 | Practices Retreat | 📍 |
| India in PA - Yoga Weekend | Feb 21 | Practices Retreat | 📍 |
| Yoga Healing Retreat | Feb 25 | Healing Retreat | 📍 🌐 |
| YogaBody Classroom Therapeutics | Feb 27 | EYTS | 📍 🌐 |
| Ending Back Pain | Mar 7 | EYTS | 📍 |
| Yoga Healing Retreat | Mar 25 | Healing Retreat | 📍 🌐 |
| Foundations | Apr 1 | YTT | 📍 |
| MTT Tuneup | Apr 3 | MTT | 📍 🌐 |
| Foundations Extension | Apr 6 | YTT | 📍 |
| Leading Guided Meditations | Apr 8 | MTT | 🌐 |
| Shaktipat Retreat | May 2 | Practices Retreat | 📍 🌐 |
| Radical Anatomy | May 15 | YTT | 📍 |

| PROGRAM | BEGINS | TYPE | LOC. |
|----------------------------------|--------|-------------------|------|
| Yoga Healing Retreat | May 27 | Healing Retreat | 📍 🌐 |
| Vows Prep Retreat | Jul 6 | Practices Retreat | 📍 |
| Vowed Members Retreat | Jul 9 | Practices Retreat | 📍 |
| Bliss Yoga Weekend | Jul 18 | Practices Retreat | 📍 |
| Embodiment® Therapist Training | Jul 28 | YTT | 📍 |
| Australia Retreat with Gurudevi* | Aug 13 | Practices Retreat | 📍 |
| YogaBody Classroom Therapeutics | Sep 5 | EYTS | 📍 🌐 |
| Foundations | Sep 9 | YTT | 📍 |
| Foundations Extension | Sep 14 | YTT | 📍 |
| Yoga Healing Retreat | Sep 23 | Healing Retreat | 📍 🌐 |
| Shaktipat Retreat | Oct 3 | Practices Retreat | 📍 🌐 |
| YTT Level 1 | Oct 11 | YTT | 📍 |
| Shavasana Course | Oct 24 | Practices Retreat | 📍 |
| Yoga Healing Retreat | Nov 11 | Healing Retreat | 📍 🌐 |
| Blue Pearl Retreat | Dec 2 | Practices Retreat | 📍 |

- 📍 On-Site programs are in Downingtown PA unless otherwise noted
- 🌐 Online programs are on ZOOM in the USA Eastern Time Zone

EYTS — Enrich Your Teaching Skills
 MTT — Meditation Teacher Training
 YTT — Yoga Teacher Training

Call (610) 806-2119; email programs@svaroopayoga.org

* India Retreat with Gurudevi is in Ganeshpuri MH, India
 Australia Retreat with Gurudevi is in Brisbane QL, Australia

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