



SARITA-LINDA ROCCO

Certified Svaroopa® Yoga Teacher/Therapist, SVA Health Practitioner, WEA Sadhaka Adept

2005-Present YOGA INLET -Yoga & Ayurveda Center, West Reading PA Owner/Teacher/Practitioner

1995- 2005 THE STUDIO Inc. Yoga & Ayurveda Center West Reading, PA Owner/Teacher/Practitioner

Yoga/Ayurveda EDUCATION

1996 **Certified** Yoga College of India – Bikram Hatha Yoga 750 hour

1997 **Certified** Yoga College of India -Advanced Bikram Hatha Yoga 500 hour

1998 **Certified** Eric Schiffman Freedom Style Hatha Yoga/ Vinyasa Flow 200 hour

1999 **Certified** Master Yoga Teacher Institute Svaroopa® Yoga Teacher 700 Hour

2000 **Certified** Master Yoga Teacher Institute Svaroopa® Yoga Business

2000 **Certified** Master Yoga Teacher Institute Svaroopa Yoga® Therapist

2003 **Certified** Master Yoga Teacher Institute Meditation Teacher

2007 **Certified** Wise Earth School of Ayurveda Advanced Teacher 1000 hour

2008 *Certification in Process-* VOX Mundi School/ Yoga of Sound

2008 *Awarded a Grant to study with* Dr Judith Cornell/Mandala/Yantra Group Facilitation

2009 **Certified** Vibrational Medicine of Ayurveda/SVA Health

2009 **Certified** Prana as Medicine/SVA Health

2009 *Award Sadhaka-Adept* Wise Earth School of Ayurveda

2010 **Certified** Shaka Vansya Ayurveda Health Practitioner

