

Dear Yogi,

Are you ready to embark on a journey of self-growth and development through yoga, in the magical island of the Gods, Bali?

To leave behind your previous life, open your mind to new possibilities?

Join us on this journey to shift your perspective, challenge yourself and your conditioning. Come to grow, to have fun and to develop physically, mentally and spiritually.





Our Mission Statement

YogaUnion **challenges** the **status quo**. What we do
transcends practice. We **learn, re-learn**, We **break** and **grow**.

Every day, on our mats - we sweat, laugh, cry, together.

We are **present and aware**.

We **support** each other.

We **embrace** the challenge; we **welcome** uncertainty and **seek**
change.

We do all, together. **Build unbreakable bonds**. We enter an
ever-growing **community**.

We become a family, **a union**. A **YogaUnion**.

Who we are:

YogaUnion has been delivering Yoga Teacher Training Courses (YTTC's), based on **AshtangaVinyasa Flow**, an internationally accredited program with Yoga Alliance, for over a **decade** now.

Enchanted by **Bali** and its **energy** since the first training they held here, the original founders, **Ourania** and **Spyros** decided to call this magical land their new home. Now permanently situated in Ubud, the cultural and yogic capital of Bali.

YogaUnion is currently running **200hr Vinyasa TTC**, a **unique** and **authentic** course open to those who want to become **yoga teachers**, or simply **deepen their practice**.

Why us?

We don't make empty promises - we truly **believe** we deliver something very **special** here and know that our course **changes lives**.

It's a **once-in-a-lifetime experience** and we can guarantee that if you take a leap to **commit**, you will **never look back**.

It will be **intense** and **challenging** but know that you will come out on the other side **stronger - mentally and physically**. We're delivering life-changing **transformations**.

We really hope that you will join us here soon.

Ourania, Spyros & YogaUnion Family





Course Snapshot:

Group Sizes: 25-35 Students

Yoga Style: Ashtanga/Vinyasa Mix

Class Length: 22 Days

Food: Plant-based

Skill level: All Levels

Certifications: International Yoga Alliance 200 Hours

Location: Ubud, Bali - Yoga Union Shala

What's included?

Accommodation for duration of the course

3 meals a day, 6 days a week

(excluding days off)

Tuition fees

Course material

Yoga Alliance diploma



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The Course:

Based on **thousands of hours** of experience from all over the world, **Ourania** and **Spyros** carefully **created** and **shaped** the course to deliver the **most educational, life-changing experience**. The training is designed to **challenge** and **develop** individuals at all levels.

Our 200hr course specialises in **Vinyasa Ashtanga Yoga**, with a strong focus on the **breath** and how to combine it with **movement**.

With a focus on:

- Building your confidence, skills and profound knowledge
- Comprehensive understanding of Vinyasa & Ashtanga practice
- Asana analysis & adjustment theory
- Methodology, theory, philosophy and anatomy/physiology
- Insights into basic Ayurveda, nutrition, healing, rejuvenation in relation to yoga practice
- The business aspect of yoga

You can expect:

Daily, mornings will begin with an hour of pranayama, meditation and mantra chanting, followed by a Vinyasa flow class.

Early afternoons are focused on deep learning of asanas with an emphasis on alignment, adjustments & teaching methodology. You will dive into the theoretical part, studying Yoga Philosophy or Anatomy (alternating days).

The afternoon lessons will be focused on restorative styles of yoga such as Yin, Hatha & Nidra and specialized workshops.

Far from the traditional approach, we maintain a very high standard of teaching whilst making our classes extremely fun and interactive.

You will have 1 day off per week, usually Sundays where you get to relax or enjoy the surroundings.

See page: 10 onwards for more details.

Daily schedule example:

07:00-8:00	PRANAYAMA
8:00-10:00	VINYASA
10:00-11:00	BREAKFAST
11:00-13:00	ANATOMY
13:00-15:00	LUNCH
15:00-16:45	ALIGNMENT
17:00-18:30	WORKSHOP
19:00	DINNER

COMPLETION:

Teaching

As part of your final examination, you will be required to deliver a 30 minutes Vinyasa flow class to your fellow yogis.

Written examination the course will end with a 3 hour written examination focused on Asana analysis, philosophy & anatomy.

Diploma

Successful graduates of the course receive an internationally recognized certification by the Yoga Alliance for the 200 hours standard for Registered Yoga Schools (RYS).

We believe that whether one decides to teach or not after the training is of little importance.

This experience will allow you to grow and develop in a physical, mental and spiritual level.

It will be a journey inwards and a cornerstone in the ultimate quest is self-realization and self-love.



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THE RICE FIELDS

We highly recommend this location to those who want to experience authentic Ubudian lifestyle.

Our shala, your accommodation and the restaurant are located in the luscious rice fields, where you can really enjoy the peaceful surroundings whilst being at one with nature. Our location is not accessible by cars, therefore feet, bicycles and motorbikes are only welcome.

**** Please note we work with multiple local homestays and allocate rooms on a first come first basis, all are of a similar standard.*

PRICING:

€1900 Two-bed shared room

€2250 Private room

****** Prices are listed in Euros (€). All taxes according to Indonesian regulations, are included. Flight tickets, transportation and extra activities are not included however, can be arranged via our preferred suppliers.

In order to secure your place we require the below deposit:

€259 - shared room

€308 - private room

REQUIREMENTS

A sincere desire to learn, an open mind and heart to the teachings of yoga and a high degree of self-motivation is required for all aspects of the course. Basic knowledge of yoga postures and philosophy is helpful but not essential. Self-discipline is necessary during the course as it is physically, mentally and spiritually demanding and in return highly rewarding.

This course will be taught in English, therefore it is recommended that you are proficient in the language.

To ensure the success of the programme, participants are required to attend all activities, meditation sessions, lectures and classes.

These are important attributes that will add to your learning experience during the course and also to the learning experience of your fellow yogis.

Please also do take time to understand Visa requirements [here](#) and ensure your passport is valid for 6 months upon your arrival in Bali.

DAYS OFF

Every week you will have a day off (usually Sunday's) to relax and enjoy some free time. Prior to arrival, we will share all of our recommendations with you and reliable suppliers should you wish to arrange day trips/sightseeing.

For frequently asked questions, please visit [here](#).



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A photograph of a yoga class in progress. Several individuals are performing a warrior pose (Virabhadrasana) on grey mats. The room has a rustic wooden interior with exposed beams. In the foreground, a woman with long hair tied back is the focal point, wearing a white tank top and black leggings with white polka dots. Other students are visible in the background, some in similar poses. A small water bottle and a notebook lie on the floor in front of her.

Our Curriculum in more detail:



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PRANAYAMA

Prana - breath, **Yama** - control - in accordance with the great yogis, breath equals to energy flow.

Every morning will begin with pranayama classes, where you will have the chance to get grounded, look inwards and set intention and energy for the day ahead. You will practice your breath and gain conscious awareness of your body.

In this class you will learn and practice:

- Yogic breathing
- Nadi Shodhana (alternate nostril breathing)
- Bhramari (humming bee breath)
- Ujjayi (the psychic or victorious breath)
- Bhastrika (bellows breath)
- Kapalbhati (frontal brain cleansing breath)





ASANA ANALYSIS & ADJUSTMENTS

Our approach to the traditional style of Vinyasa & Ashtanga, enhanced and refined with the newfound knowledge and information we are blessed to have learnt from years of exploration and practice. This class focuses on analysing and dissecting basic & advanced postures. You'll learn the correct alignment based on the traditional approach and in line with body mechanics, understand how to offer hands-on adjustments and how to structure them in a Vinyasa class. The teachers will always be present in your practice, observing and providing feedback.

In this class you will learn:

- Analysis of the 80 postures and more (arm balances, back-bends, and inversions)
- Modifications, other variations, and advanced variation of all postures
- How to use yoga props in your yoga practice
- Adjustment (physical & verbal) theory and hands-on practice

PHILOSOPHY

We will travel back in time to India and dive deep into the origins of yoga and how it reached today's modern form. Focusing on philosophical concepts, you will learn how to adapt and apply them to our modern lives. These lessons are held in a conversational format, which enables students to actively engage and explore meanings through their own vision and stories.

In this class you will learn and discuss:

- History and meaning of yoga
- The eight-limb path of yoga according to Patanjali
- Prana, Vayus, Nadis, Chakras, Kundalini
- The Gunas, Doshas, Introduction to a yogic diet
- Mudras, Bandhas (energy locks) and Mantras
- The meaning of Om
- Lifestyle and ethics as a yoga practitioner and a teacher





ANATOMY

You will take a deep dive into the understanding of the human body in today's modern world, with a focus on the nervous, skeletal and muscular system. You will gain a deep understanding of how these systems work in harmony to create movement and gain the ability to articulate this through your yoga practice, teaching and everyday life.

This class is delivered in a conversational setting. Over the years, we have been able to master the delivery of complex concepts in a fun, interactive and intuitive way.

In this class you will learn and discuss:

- Introduction to Anatomy and different body systems
- Analysis of the skeletal system & connective tissue, muscular system and the nervous system
- Movement analysis of all major joints and muscles and direct application to yoga practice & asanas

TEACHING METHODOLOGY

We believe that you begin teaching from the moment you enter our shala. We aim for the lessons to be confidence-building and progressive. You'll start with one-to-one lessons and gradually moving to bigger groups of students, eventually, you delivering a 30 minutes class to your fellow yogis. Through regular feedback by teachers and fellow students, you will have a chance to improve as you go along and about finding your unique voice and style as a teacher.

In this class you will learn and practice:

- Yoga Union Vinyasa structure & principles
- Practice teaching & receiving feedback
- Observing others teaching & giving feedback
- Learn & practice hands-on adjustment
- Instruction, teaching styles, and qualities of a teacher
- Voice projection and floor presence
- Planning and structuring a class
- Dealing with injuries and safety precautions





RESTORATIVE & WORKSHOPS

The afternoon classes will serve to introduce the students to various styles of yoga, in addition to core course specification. Alternating, you will take part in restorative practice and themed workshops.

RESTORATIVE

To compliment your morning dynamic Yang practice, the afternoons will focus on Yin practice. The classes will feature Yin yoga, Yoga Nidra, Restorative, Gentle Hatha.

WORKSHOPS

Asana-related, these workshops will cover handstands, hip openers, fun modules like partner yoga and spiritual immersions such as cacao ceremonies, ecstatic dance, eye gazing and bhakti.



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We are not just a teaching course, we are a community, helping and supporting each other throughout this profound journey.

You will form **deep bonds that transcend friendship** and leave with the **knowledge** and a **union for life**.

We can't wait for you to become part of YogaUnion

-Ourania, Spyros & The YogaUnion Family

