

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?

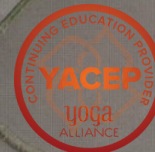
Join us on this journey to shift your perspective, challenge yourself and your conditioning. Come to grow, to have fun and to develop physically, mentally and spiritually.

Click the following links to see the dates

Bali - Greece - India



YogaUnionBali





OUR MISSION STATEMENT

YogaUnionBali **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**.



YogaUnionBali

Who we are:

YogaUnionBali has been delivering Yoga Teacher Training Courses (YTTC's), based on Vinyasa Ashtanga Flow, an internationally accredited program with Yoga Alliance, for more than 15 years now.

Enchanted by their experiences in Bali, Greece & India, Ourania and Spyros, the founders of YogaUnionBali, bringing their experiences from their permanent home in Ubud (the cultural and yogic capital of Bali), all the way to their birthplace in Greece and India.

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 & YogaUnionBali Family



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Course Snapshot:

Group Sizes: 25-35 Students

Yoga Style: Ashtanga/Vinyasa Mix

Course Length: 23 Days

Food: Vegetarian, Plant-based

Skill level: All Levels

Certifications: 200 Hours RYT Certification by Yoga Alliance

Location: Ubud, Bali - YogaUnionBali Shala

What's included?

Accommodation for duration of the course

3 meals a day, 6 days a week

(excluding Sundays - day off)

Tuition fees

Course material

Yoga Alliance diploma



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 **Asana practice**.

We focus on:

- We help you to build the solid practice
- Building your confidence, skills and profound knowledge
- Comprehensive understanding of Vinyasa based on Ashtanga practice
- Asana analysis & adjustment theory
- Deep understanding of Pranayama and Meditation practice - Chanting
- Afternoon workshops and practicing of various style of yoga such as Yin, Restorative Yoga and Hatha.
- Methodology, theory, philosophy and anatomy/physiology
- Insights into basic Ayurveda, nutrition, healing, rejuvenation in relation to yoga practice
- We train you to be the best yoga teachers



YOU CAN EXPECT:

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

Late mornings are focused on deep learning of asanas with an emphasis on alignment, adjustments & teaching methodology. You will dive into the theoretical part of Asanas, early afternoons you will study 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.

From day one, you will start teaching a few minutes of Vinyasa lesson that will help you to have the confidence to teach a lesson at the end of your course.

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



Daily schedule example:

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



HYGIENE PRACTISES

The **safety** of our students is our top priority and we continuously follow all up-to-date safety protocols, as well as local authorities requirements.

A few important things to note:

- In respect to the safety regulations, the students are required to **maintain** high hygiene standards

We are doing all we can to make sure that we will greet you with health and happiness!



REQUIREMENTS

YOGA PRACTICE: *The more comfortable you are as a yoga practitioner, the more you will be able to focus on the teaching and transformational aspects of your training. To take most out of the training we recommend a foundation in fundamental yoga postures.*

ENGLISH: *We welcome all nationalities and languages, our material and lessons are delivered in clear and not over-complicated English. Please note all the classes are delivered in English and so is the exam.*

ATTENDANCE: *To ensure the success of the training, participants are required to attend all the classes and lectures.*

DAYS OFF

Every week you will have a day off (usually Sundays) to relax and enjoy some free time.



YogaUnionBali



UBUD, BALI

Ubud is a country side that allows you to come in close contact with a peaceful and traditional way of life. Its' beauty offers you a cultural-historical value and exceptional natural landscape at once.

We highly recommend this location to those who want to discover the beauty of a **simple and authentic lifestyle of Bali**.

A beautiful and lush rural area, yet you will easily find a wide range of cafes, restaurants, pool bars, numerous tourist attractions and abundance of exotic fruits that you can grab on your way to the **Yoga Shala**. Moreover, short drive away you can explore some of **the most beautiful beaches** in the island.



YOGIC DIET

YogaUnionBali has partnered with **local restaurants** to supply the best nutrition for our participants. The students will follow the yogic diet consisting of vegetarian, plant-based foods.

We hold an excellent team of Health Food Chefs who are here to make your stay unforgettable by offering you some of the best tastes Bali has to give - bringing the best **local, organic products, exotic fruits, and superfoods**, while creating a balanced menu. You will be surprised of the variety of tropical fruits and vegetables that will give your tastebuds a unique sensation. If you have any food intolerance, please let us know and we will adjust the meal options accordingly.





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:

€2000 Two-bed shared room

€2350 Private room

€2450 Bigger 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

€350 -bigger room

Deposit is **non-refundable**, but you can use it for any future training with YogaUnionBali.



HOW TO BOOK YOUR SPOT:

- *Please transfer your deposit amount through online banking to one of the accounts, you will find in the separate attachment.*
- *Once we receive your payment, we will send you a confirmation email along with detailed information about your course.*



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ENTRY TO INDONESIA:

- *Covid-19 Policy: International visitors are required to be vaccinated against Covid-19 (at least two doses) in order to be able to enter Indonesia.*



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THINGS TO DO (with extra payment)

From spiritual experience to snorkeling, Bali offers plenty activities in gorgeous natural settings. If you want to feel the sensation of the real Bali We will be more than happy to help you organizing these activities during the training.

Fill your free time by scheduling activities with us such as:

- Daily trips
- Balinese Temple Visit and Ceremony
- Snorkeling & Scuba Diving
- Natural Landscape Trekking
- Ecstatic Dance
- Sound Healing
- Historical Sites Exploration



A group of people are practicing yoga in a large, open-air wooden studio. They are performing a side plank variation with their arms raised. The studio has a dark wooden floor and walls, and a large opening on the right side that looks out onto a lush tropical landscape with palm trees and greenery. The lighting is bright and natural, suggesting daytime. The overall atmosphere is serene and focused.

Our Curriculum in more detail:



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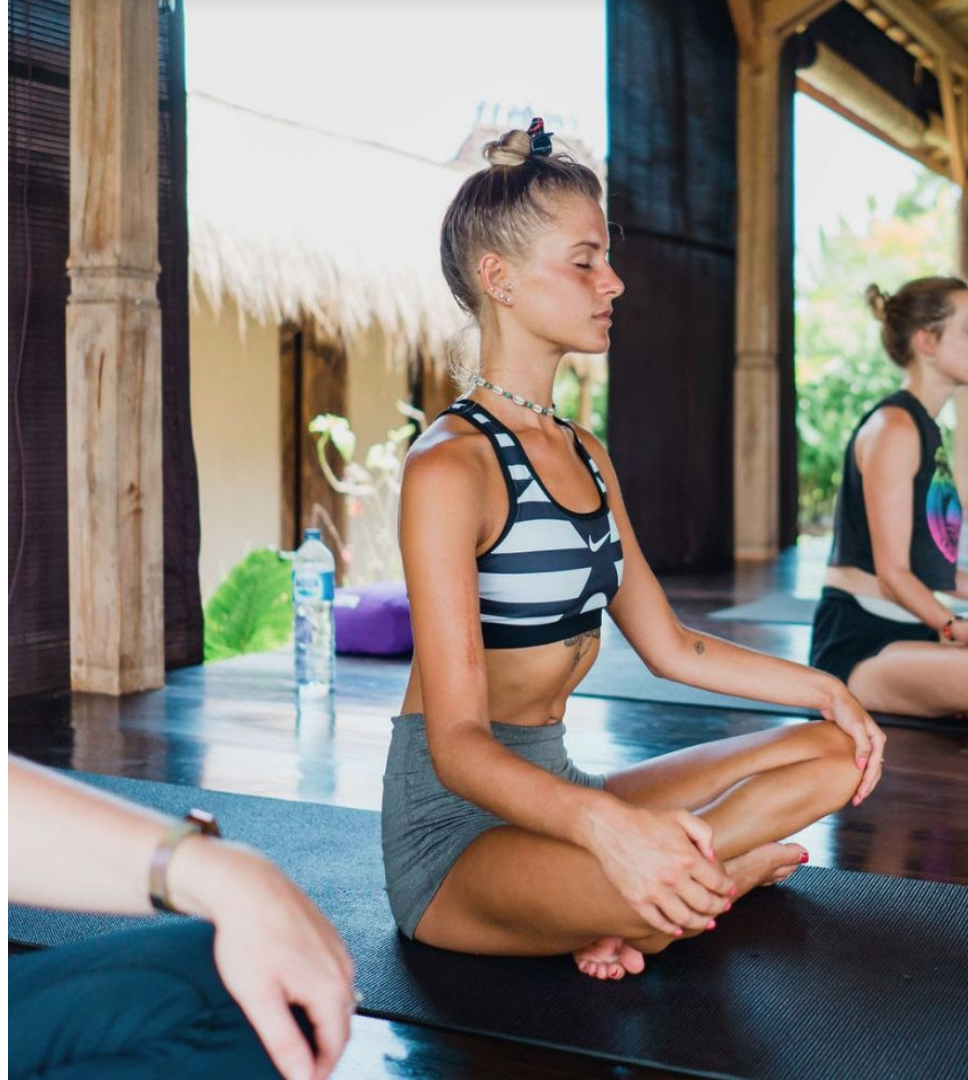
PRANAYAMA

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)
- Kapalbhata (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

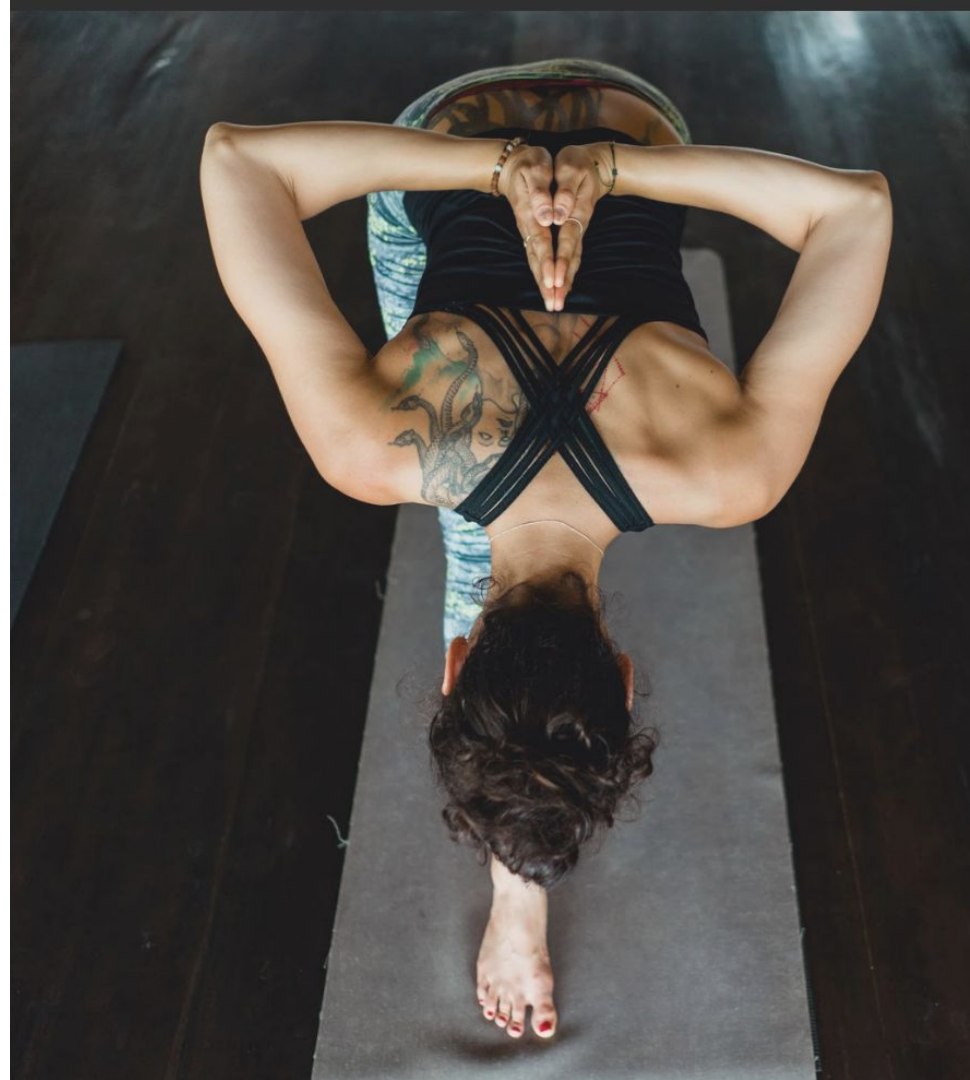


TEACHING METHODOLOGY

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.

WORKSHOPS

Asana-related, these workshops will cover handstands, hip openers.



COMPLETION:

Teaching

Delivering a 30 minutes Vinyasa flow class to your fellow yogis and receiving constructive feedback from your head teacher.

Taking a 3 hour written exam focused on Asana analysis, Philosophy & Anatomy.

Diploma

*Successful graduates of the course receive an internationally recognized certification by the **Yoga Alliance**.*

*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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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 YogaUnionBali

-Ourania, Spyros & The YogaUnionBali Family

Bali - Greece - India

