



YogaUnionBali

50h Yin YTTC

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

*Click the following links to see the dates
[Bali](#) - [Greece](#) - [India](#)*



50h Yin Yoga Teacher Training

*After years of experience, YogaUnionBali has created a specialized course in **Yin yoga**. Dedicate 50 hours to discover and learn more about this holistic and restorative practice whilst becoming Yoga Alliance certified. Understand the philosophy behind the practice, with an emphasis on analyzing and using the poses to delve deep into a healing journey through yourself.*

*This internationally accredited yoga teacher training program will provide you with the credentials necessary to teach all over the world. **Learn the art of teaching Yin Yoga while delving daily into the yogic teachings.***



YogaUnionBali

We focus on:

- Learning to practice and teach Yin Yoga classes with clarity and precision
- The meaning of Yin and Yang and how one compliments the other in the quest for balance.
- Practicing mindfulness and self-awareness through the practice of Yin.
- Comprehensive understanding of all the Yin poses, the alignment and how to sequence them to create your lessons
- Understanding foundational anatomy and physiology as applied to yoga asana
- A journey through the history and philosophy of Yin yoga
- The physiological effects of Yin on body & mind, respecting our individuality and uniqueness.



You can expect:

- Daily morning **pranayama**, breathing techniques and meditation. Emphasis on Mudras and Pranayama for Yin Yoga.
- Anatomy: Nadis, Chakras & Koshas, bones, fascia, and connective tissue.
- Qi energy and the 12 Meridians
- Meditation, Visualization and Relaxation
- Daily **Yin Yoga practice** focused on different elements.
- Daily **analysis of all the Yin Yoga poses**, the alignment, modifications and how to create your own sequences.
- Specialised **workshops** in a variety of different subjects including Philosophy & Anatomy of Yin Yoga.
- Experiencing different types of **Yoga lessons**, including Vinyasa, Hatha and Yoga Nidra.





The classes:

- Pranayama & Meditation
- Yin Yoga Practice
- Analysis of Yin Postures
- Workshops (Yin Yang, Meditation, Anatomy, Teaching Workshop)
- Yin Philosophy
- Slow Yoga
- Yoga Nidra

UPON COMPLETION:

*YogaUnion's 50h Yin Yoga Teacher Training is registered with Yoga Alliance. Students who will be certified from our school will be eligible to accredit their Continuing Education Hours with **Yoga Alliance**.*



Course Snapshot:

Group Sizes: 10-30 Students

Yoga Style: Yin Yoga

Course Length: 6 Days

Food: Vegetarian, Plant-based

Skill level: All Levels

Certifications:

Location: KostaMaria, Palairos - Greece

What's included?

Accommodation for duration of the course

3 meals a day

Tuition fees

Course material

Yoga Alliance diploma

Our Curriculum in more detail:



YogaUnionBali

The Art of Yin Yoga:

- History of Yin Yoga.
- Yin Yoga theory and application.
- Stabilizing and deepening a Yin Yoga practice.
- Comparison of a Yin and Yang practice.
- Yin Asana benefits and contraindications.
- Archetypal poses and their variations.
- Appropriate use of props.
- How to create and hold a safe space.
- Developing your teaching voice.
- Sequencing Yin Yoga classes.





Our Bodies:

- Anatomy applied to Yin Yoga.
- Compression and tension theory.
- The fascia and connective tissue.
- Yin and Yang are related to the body.
- The physical and subtle bodies
- The 5 koshas and energy fields
- Introduction into the 12 Meridian Lines
- The chakra system and how to relate it to daily life.
- How to recognize imbalances in the subtle bodies.
- The sympathetic and parasympathetic nervous systems.
- Understanding the relaxation response



Pranayama & Meditation:

- Qi, Prana or life-force energy.
- Nadi Shodhana and nostril breathing
- Belly breathing (diaphragmatic breathing)
- Full Yogic breath and practice.
- Long Exhale breathing.
- Bhramari humming bee breathing
- Chakra balance and meditation.
- Mindfulness awareness meditation.
- Walking meditation.
- Metta loving-kindness meditation.
- Soham meditation.
- Yoga Nidra practices.



Daily Schedule Example:



07.00 - 08.00	Pranayama & Meditation
08.00 - 09.00	Gentle Flow
09.00 - 10.00	Yin Anatomy
10.00 - 10.30	Breakfast
10.30 - 12.00	Practical Part
12.00 - 13.00	Lunch
13.00	Yin Asanas
16.30	Yin Yoga Class
19.00	Dinner



KostaMaria

You will stay and have your training in our beautiful hotel which is located in the picturesque area of seaside village in Palairos. Our accommodation is only 21km away from the Aktion Airport and a few minutes distance from cafes, restaurants, yacht club and tourist attractions. The rooms feature air conditioner, WiFi, small kitchen, fridge, garden and a terrace. Enjoy our beautiful swimming pool, spacious garden where you can also use for practicing, also our yoga shala overlooking the breathtaking Ionian sea, bar / restaurant, and private beach. We ensure you will love it here and that will make your training become even more wonderful.

PRICING:

€790 Triple room

€890 Double room

€990 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 €300

Deposit.

You may transfer the deposit to the bank account details in the separate attachment.

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



YogaUnionBali



Yogic Diet:

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

KostaMaria holds an excellent team of Health Food Chefs who are here to make your stay unforgettable by offering you some of the best tastes Greece has to give - bringing the best **local, organic products, fruits, and superfoods**, while creating a balanced menu. The well known Mediterranean diet with extraordinary combination of Yogic diet, that will make you keep wanting to go back to Greece again and again.



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.*



YogaUnionBali

Palairos, Greece

Palairos is a seaside village that allows you to come in close contact with a rustic and traditional way of life. It is only 20 minutes from Lefkada, one of the most famous Greek islands with amazing beaches such as Porto Katsiki beach and Kathisma beach. We highly recommend this location to those who want to discover the beauty of a **simple and authentic lifestyle of Greece**.

Away from urban distraction, you will find traditional tavernas, freshly baked bread from family-owned bakeries and an abundance of fresh fruits on local trees 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 area.





YogaUnionBali

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

