

FIND YOUR INNER SELF IN BALI

YOGA 300H

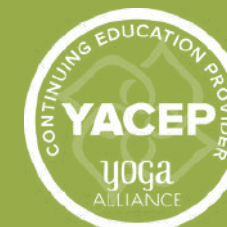
UBUD

Advance your practice to the next level! Join our 300-Hour Vinyasa YTTC and get certified on the beautiful island of the gods, Bali.

 [@yogaunionbali](https://www.instagram.com/yogaunionbali)
 www.yogaunionbali.com
 [yogaunion.bali](https://www.tiktok.com/yogaunion.bali)
 [+62 812-3715-4225](tel:+6281237154225)



YOUR PROFOUND JOURNEY



300H Vinyasa YTTC

Yoga Union in Bali

Dear Yogi,

*Are you ready to embark on a journey of **self-growth** and **development** through **YOGA**?*

*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.*

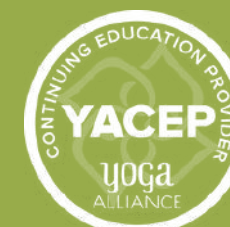
*Come to grow, to have fun and to develop **physically**, **mentally** and **spiritually**.*

***Click** the following links to see the dates*

[Bali](#)

[Greece](#)

[India](#)



Our Mission

At YogaUnion Bali, we challenge the norm and go beyond mere practice.

We learn, unlearn, break, and grow together. Every day on our mats, we sweat, laugh, and cry as one.

We stay present, mindful, and supportive of one another.

We embrace challenges, welcome uncertainty, and actively seek growth.

Together, we build unbreakable bonds and join a continuously expanding community.

We become more than just a group; we become a family, a union - a YogaUnion.



Who We Are

For over 15 years, YogaUnion Bali has been offering Yoga Teacher Training Courses (YTTs) based on Vinyasa Ashtanga Flow, an internationally accredited program with Yoga Alliance. Inspired by her experiences in Bali, Greece, and India, Ourania, the founder of YogaUnion Bali, shares her journey from her permanent home in Ubud, the cultural and yogic heart of Bali, to her birthplace in Greece and India.



Why Us

We don't make empty promises—we genuinely believe that what we offer here is something unique, and we are confident that our course can transform lives. This is a once-in-a-lifetime experience, and we guarantee that if you take the leap and commit, you won't regret it.

While it will be intense and challenging, you will emerge stronger, both mentally and physically.

We're dedicated to providing life-changing transformations.

We sincerely hope you'll join us soon.

Warm regards,

Ourania & the YogaUnion Bali Family

The Next Step

We are thrilled to reconnect with you and welcome you to our 300-Hour Yoga Teacher Training in Bali! This program has been years in the making, meticulously designed to meet the needs of our students. We've listened to your feedback and crafted a course that will take you on a profound journey into the vast world of Yoga.

This training will deepen your knowledge, equip you with new skills, and build your confidence. You'll solidify your understanding while enhancing your education, teaching abilities, and practice—all in the most beautiful and blissful setting: our beloved Bali.

You know us, and you know what to expect. Are you ready to sweat, cry, and laugh with us once again? If this is your first time, are you ready to become part of our loving, ever-growing family?

Warm regards,

Ourania & the YogaUnion Bali Family



What's included

- *Group Size: 15-25 students*
- *Yoga Style: Blend of Ashtanga and Vinyasa*
- *Duration: 32 days (30 active training days)*
- *Cuisine: Vegetarian, plant-based*
- *Skill Level: Advanced level*
- *Certification: 300-hour RYT certification with Yoga Alliance*
- *Location: Ubud, Bali - YogaUnion Air Shala [\(click here\)](#)*

- *Accommodation for the entire course duration*
- *Three meals per day, six days a week (excluding Sundays as a day off)*
- *Tuition fees*
- *Course materials*
- *Yoga Alliance certification diploma*



The Course

This course is an intensive, five-week advanced 300-hour training designed to build upon your existing knowledge, so a 200-hour certification is required.

Continuing from our 200-hour course, this training will maintain a strong practice focus. We will thoroughly analyze all the poses of the Ashtanga Primary Series, along with a variety of new Vinyasa and Hatha Yoga postures. You will learn to break down, analyze, and master these poses, including how to adjust and teach them effectively, while also creating dynamic and well-structured flows.

The anatomy lessons will complement the asana classes, emphasizing the understanding of movement patterns and their practical applications in our practice.

We will explore how each pose affects our joints, bones, and muscles. Additionally, we will delve deeper into the interconnectedness of the muscles and fascia, as well as the nervous system.

This will provide valuable insights into how our minds connect with our bodies, empowering you to invest in that relationship and take control of your practice.



You Can Expect

Each day starts with an hour of pranayama, meditation, and mantra chanting, followed by a Vinyasa flow class.

Late mornings are dedicated to a deep exploration of asanas, focusing on alignment, adjustments, and teaching methodology.

In the early afternoon, you'll delve into the theoretical aspects of asanas, alternating between studying yoga philosophy and anatomy on different days.

Afternoon sessions are centered around restorative yoga styles like Yin, Hatha, and Nidra, as well as specialized workshops. Our approach goes beyond the traditional; we maintain high teaching standards while ensuring our classes are engaging and fun.

From the first day, you'll begin practicing by teaching a few minutes of a Vinyasa lesson, gradually building your confidence to lead a full class by the end of the course.

You will have one day off each week, usually Sundays, to relax and enjoy your surroundings.

07:00-08:15	MEDITATION / CHANTING & PRANAYAMA
08:30-10:00	VINYASA ASHTANGA
10:00-11:00	BREAKFAST
11:00-13:00	ASANA ANALYSIS
13:00-14:30	LUNCH
14:30-16:30	ANATOMY / PHILOSOPHY
16:45-19:00	AFTERNOON CLASS – SELF PRACTICE / SEQUENCING
19:30	DINNER



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 & Adjustment

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, backbends, 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*



An anatomical model of the human skull and neck vertebrae. The skull is shown in profile, with the jaw open, revealing the teeth and the underlying skeletal structure. The neck vertebrae are visible, showing the cervical spine. The model is white and appears to be made of plastic or a similar material. The background is a solid green color.

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.





Yoga Life in Bali



Yoga Life in Bali



Yogic Diet

YogaUnion Bali 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 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.



Ubud, Bali

Nestled in the heart of Bali, Ubud invites you to immerse yourself in a serene and traditional way of life. Its beauty not only holds cultural and historical significance but also showcases an extraordinary natural landscape.

We highly recommend this enchanting location to those seeking the allure of Bali's simple and authentic lifestyle.

Situated in a stunning, lush rural area, you'll discover a harmonious blend of tranquility along with convenient access to various cafes, restaurants, pool bars, and numerous tourist attractions. The journey to the Yoga Shala is adorned with the opportunity to indulge in exotic fruits. Additionally, a short drive away opens doors to explore some of the island's most exquisite beaches. Ubud truly offers a unique and immersive experience.



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 lush 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.*



Things to do in Bali

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

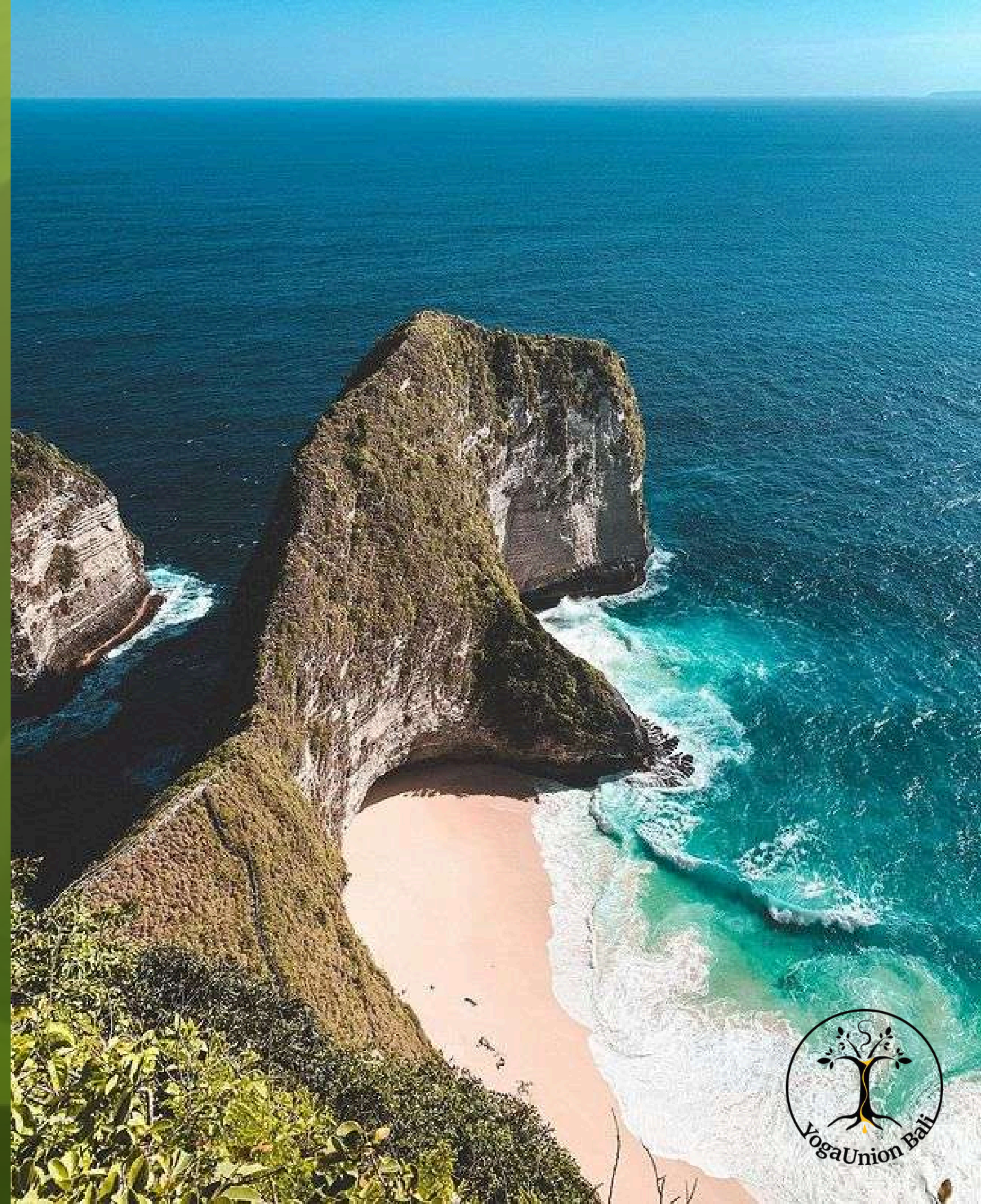
Snorkeling & Scuba Diving

Natural Landscape Trekking

Ecstatic Dance

Sound Healing

Historical Sites Exploration





Pass the Exam

STUDENT TEACHING

Delivering a 30 minutes Vinyasa flow class to your fellow yogis

Receiving constructive feedback from your head teacher.

Taking a 2-3 hour written exam focused on Asana analysis, Philosophy & Anatomy.



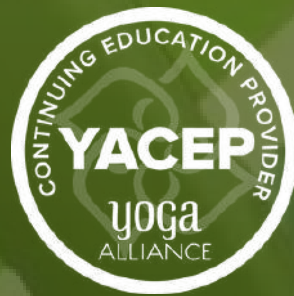
Diploma

Successful graduates of the course receive an internationally recognized 300h 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.

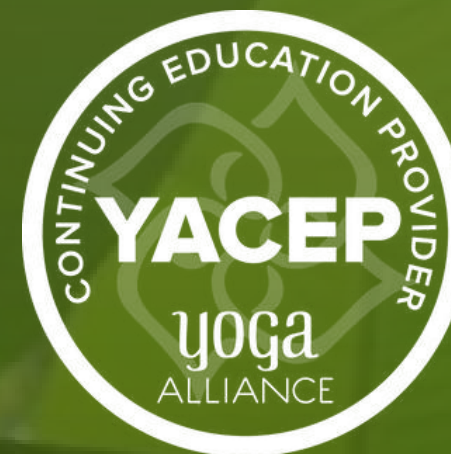


Yoga Alliance

Yoga Alliance is committed to fostering and supporting high-quality, safe, accessible, and inclusive yoga instruction worldwide.

At Yoga Union Bali, we adhere to the rigorous standards set by Yoga Alliance.

Upon completing your training, you will earn a globally recognized diploma, affirming your expertise and commitment to the practice of yoga.



Pricing

300h - 32 days (30 active training days) in
Ubud Bali, Indonesia

Early Bird!

Double Room	3200€	2900€
Private Room	3600€	3300€
Deluxe Room	3800€	3500€

** Prices are listed in Euros (€). You may transfer the deposit to the bank account details in the separate attachment. 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 €500 deposit:

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnion Bali.



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. Foundational knowledge of yoga postures, philosophy and anatomy covered in 200hr YTTC are required, but we will also try our best to recap. Self-discipline is necessary during the course as it is physically, mentally and spiritually demanding training (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 program, participants are required to attend all activities, 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.

DAYS OFF

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



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.

[click here to book from the website](#)

**BOOK
NOW**




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 Bali
Ourania & The YogaUnion Bali Family*

Bali **Greece** **India**



 yogaunionbali
 yogaunionbali
 yogaunionbali

