

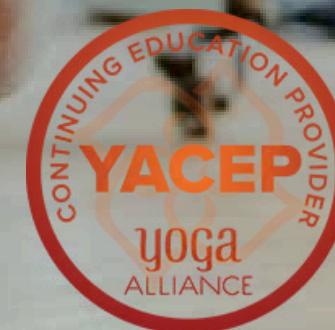
Immerse Yourself in a Transformative 50-Hour Ashtanga Vinyasa Yoga Teacher Training

Enhance your Ashtanga Vinyasa practice in the serene landscapes of Bali. Master fundamentals, refine technique, and build strength in a supportive community dedicated to personal and collective growth.

Bali - Greece - India



YogaUnionBali





OUR INSTRUCTOR

Meet our seasoned instructor, Sharath, who draws from an extensive 15-year background in teaching, assisting, and training across diverse locations, primarily in India (Mysore, Goa, Rishikesh, Dharamshala) and various countries worldwide, including Mexico, Guatemala, Europe, Thailand, and Bali. With a wealth of experience, Sharath has meticulously crafted this 50-hour module to offer a highly educational, practical, and transformative experience. The course is intentionally designed to challenge and nurture individuals at all proficiency levels.



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OUR INSTRUCTOR

Adding to the expertise is Cecilia, a Mexican native, who brings her Authorized first-level Ashtanga teaching certification and proficiency in the second sequence. As a valuable assistant during the course, Cecilia contributes her wealth of knowledge to enhance the overall learning experience. Together, Sharath and Cecilia create a dynamic and supportive environment, ensuring that participants not only receive quality instruction but also undergo a life-changing journey in their yoga practice.

To foster inclusivity and diversity in our learning space, we encourage students to express themselves in Spanish if they feel more comfortable. This not only enriches the collective experience but also creates a space where everyone can fully engage and connect with the teachings.

¡Hablamos español! 🌞



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 her experiences in Bali, Greece & India, Ourania the founder of YogaUnionBali, decided to call Athens her new Yoga home. Bringing her experiences from her permanent home in Ubud (the cultural and yogic capital of Bali), all the way to her birthplace in Greece.

Sharath known for his advanced practice, for her thousands of hours of teaching, for his love and dedication to perfecting asana, methodical teaching, collaborates with YogaUnionBali, one of the most renowned worldwide schools of Yoga teachers!

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.

YogaUnionBali Family



THE COURSE

Drawing from 15 years of teaching, assisting, and training experience in diverse locations like India (Mysore, Goa, Rishikesh, Dharamshala) and various countries (Mexico, Guatemala, Europe, Thailand, and Bali), Sharath has meticulously developed this 50-hour module to provide an enriching, practical, and transformative experience. The training is thoughtfully crafted to challenge and foster the growth of individuals at all skill levels.

Cecilia, a certified first-level Ashtanga teacher and second sequence practitioner, will be assisting during the course, bringing her expertise to enhance the learning journey.

Our 50-hour course specializes in Ashtanga Vinyasa Yoga and creative sequencing of Vinyasa Yoga, with a strong focus on the Asana practice. We prioritize:

- Guiding you in building a solid self-practice
- Developing your technique, confidence, skills, and profound knowledge
- Providing a comprehensive understanding of Ashtanga Vinyasa yoga and sequencing skills with Vinyasa yoga
- Offering Asana analysis & adjustment theory and practicals
- Deepening your understanding of Pranayama and Chanting
- Conducting afternoon workshops on practicing Vinyasa Yoga and the art of creating sequences
- Hosting a special workshop on animal movements and handstands based on Capoeira, an Afro-Brazilian Martial art
- Covering methodology, theory, philosophy, and anatomy/physiology
- Providing insights into basic Ayurveda, nutrition, healing, and rejuvenation in relation to yoga practice
- Equipping you to excel as both a yoga teacher and a self-practitioner.



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Course Snapshot:

Group Sizes: 25 - 35 Students

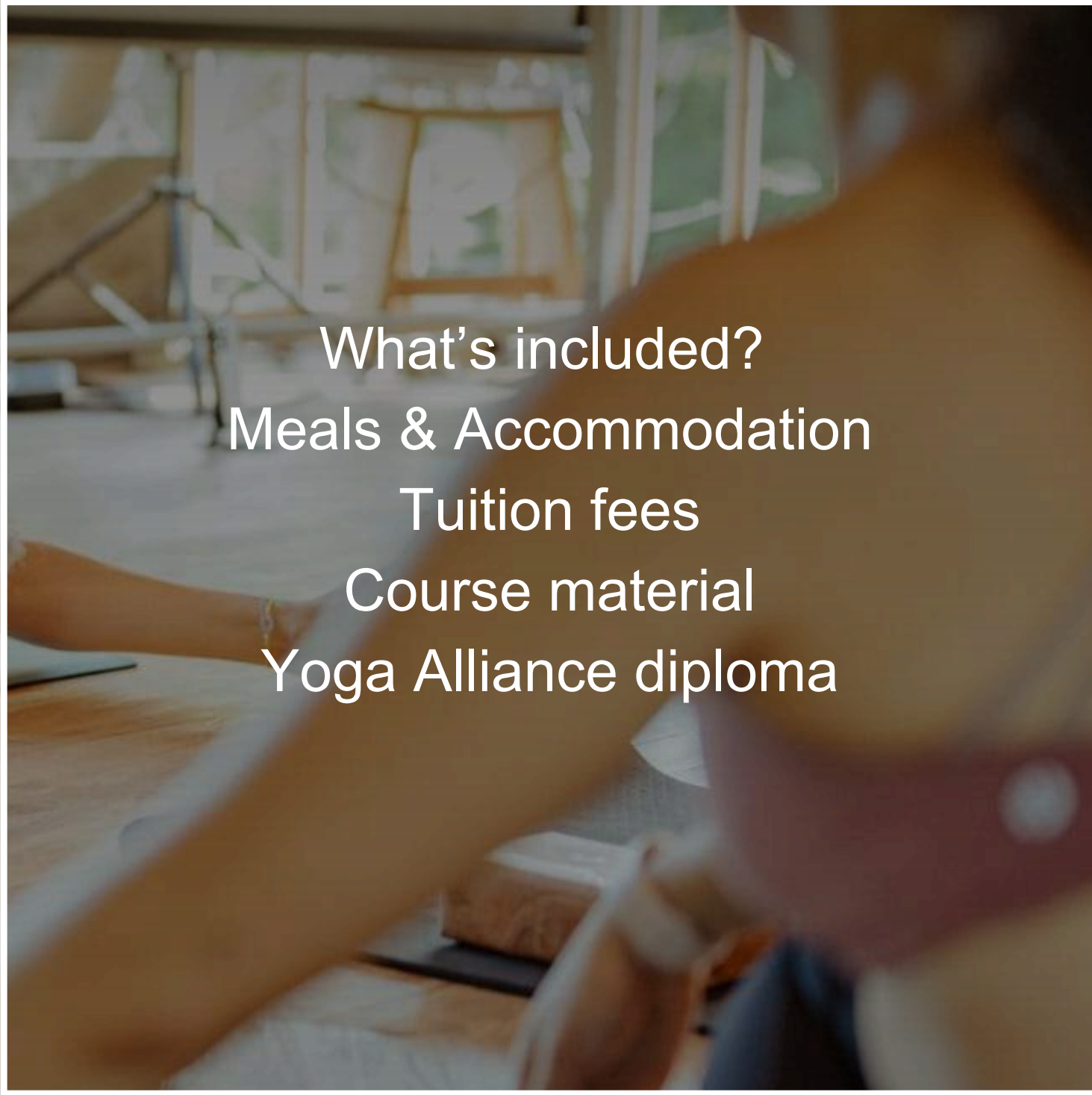
Yoga Style: Ashtanga Vinyasa Mix

Course Length: 6 Days

Skill level: All Levels

Certifications: YACEP by Yoga Alliance

Location: Ubud, Bali



What's included?

- Meals & Accommodation
- Tuition fees
- Course material
- Yoga Alliance diploma

WHAT TO EXPECT

Experience 5 days of Mysore-style Ashtanga Vinyasa Yoga, including hands-on adjustments, culminating in a Led class on the final day.

Each day, mornings commence with an hour of pranayama, meditation, and mantra chanting, followed by an Ashtanga Vinyasa Yoga class. Late mornings are dedicated to in-depth learning of asanas, emphasizing alignment, adjustments, and teaching methodology.

Explore the theoretical aspects of Asanas during early afternoons, alternating between Yoga Philosophy, Anatomy, and Yoga Nidra. Afternoons feature specialized workshops focusing on creative Vinyasa, delving into the art of crafting sequences with topics like hip opening, backbending, and inversions.

Early mornings concentrate on the traditional practice of Ashtanga Vinyasa Yoga, emphasizing the development of a self-practice. From day one, you'll engage in teaching segments of the Ashtanga Vinyasa yoga sequence, building confidence to lead full classes by the course's end.

Afternoon classes will shift focus to Vinyasa Yoga, exploring the technique and art of creating specialized classes centered around hip opening, backbending, and inversions.





DAILY SCHEDULE EXAMPLE

06:00-6:30	SHATKARMA
6.30-8:30	MYSORE ASHTANGA
8:30-09:00	PRANAYAMA
10:30-12:30	ADJUSTMENT & ALIGNMENT
14:30-16:00	ANATOMY & PHILOSOPHY
16:30-18:00	SPECIAL WORKSHOPS
18.00-18:30	CHANTING & KIRTAN



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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 adherence to safety regulations, although we provide yoga mats and props for use during the training, students are advised to bring their own yoga mat towel.
- 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.



UBUD, BALI

Nestled in the heart of Bali, Ubud stands as a captivating hub of cultural richness and natural splendor. This serene town is a haven for those seeking an authentic and enriching experience. Known for its lush landscapes, traditional arts, and vibrant spirituality, Ubud beckons travelers from across the globe to immerse themselves in its tranquil ambiance.

Surrounded by terraced rice fields, dense rainforests, and sacred temples, Ubud offers a sanctuary for introspection and exploration. It has evolved into a thriving center for wellness and holistic living, where ancient traditions harmoniously blend with modern pursuits. Whether indulging in Balinese cuisine, discovering local craftsmanship, or partaking in yoga amidst the captivating scenery, Ubud promises an enchanting escape that rejuvenates the mind, body, and soul.



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YOGIC DIET

At YogaUnionBali, we prioritize optimal nutrition for our valued participants, forging a partnership with a local restaurant in Ubud. Rooted in the principles of holistic well-being, our students will embrace a nourishing yogic diet, centered around vibrant and wholesome plant-based vegetarian cuisine.

Our local restaurant in Ubud is home to a team of skilled Health Food Chefs, dedicated to curating an unforgettable culinary journey during your stay. Drawing inspiration from Bali's finest offerings, they skillfully blend local, organic ingredients, vibrant tropical fruits, and nutrient-rich superfoods. This culinary fusion seamlessly marries the essence of the Balinese diet with the principles of the Yogic diet, resulting in a symphony of flavors that embody Ubud's unique essence. Prepare to embark on a gastronomic adventure that will linger in your memory and beckon you back to Ubud time and again.



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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:

€1150 Two-bed shared room

€1350 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.

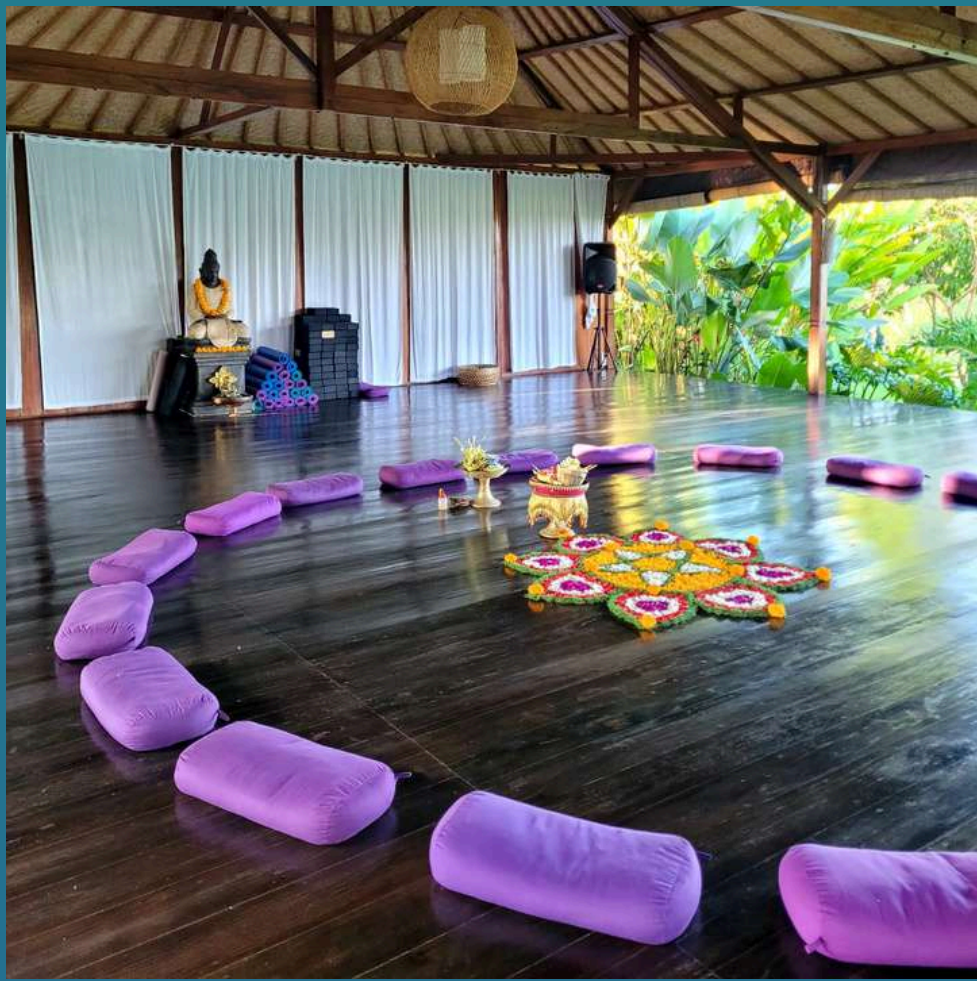
In order to secure your place we require the below deposit:

€258

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



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HOW TO BOOK YOUR SPOT

- Please transfer your deposit amount through online banking to the bank account, 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.



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)



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ASANA ANALYSIS & ADJUSTMENTS

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



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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:

- YogaUnion Vinyasa structure & principles
- Practice teaching & receiving 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



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WORKSHOP

During the afternoon sessions, we will concentrate on specialized workshops that delve into the art of creative Vinyasa. You will have the opportunity to explore and master the skill of crafting sequences, with a particular focus on topics such as hip opening, backbending, and inversions. These workshops aim to enhance your understanding and proficiency in these key elements of yoga practice, providing a dynamic and enriching experience that contributes to your overall growth as a practitioner and potential future teacher.



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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.

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 our yoga family

The YogaUnionBali Family

Bali - Greece - India

