

TRANSFORM YOUR PRACTICE IN GREECE

ASHTANGA YOGA 50H

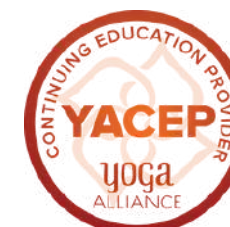
MYTIKAS

Join our 50-Hour Ashtanga YTTC and get
certified in the land of ancient history with breathtaking
views of the Ionian sea - Greece



📷 [@yogaunionbali](#)
🌐 www.yogaunionbali.com
🎵 [yogaunion.bali](#)
📞 +62 812-3715-4225
📺 [@yogaunionbali](#)

TRANSFORMATIVE JOURNEY



An aerial photograph of a resort complex. In the foreground, there are several buildings with red-tiled roofs and green lawns. A large swimming pool is visible in the center. To the right, a road runs alongside the resort, with more buildings and trees. In the background, a sandy beach meets the turquoise sea. The text "Experience the Magic in Mytikas!" is overlaid in a white, italicized serif font.

*Experience the Magic in
Mytikas!*

50H Ashtanga YTTC

YogaUnion in Mytikas, Greece

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**?*

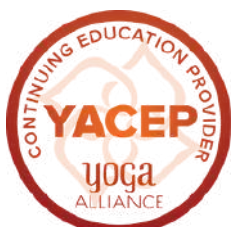
*Join us on this journey to **shift your perspective**, challenge yourself and your conditioning.*

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

Click the following links to see the dates

Bali

Greece



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.



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,

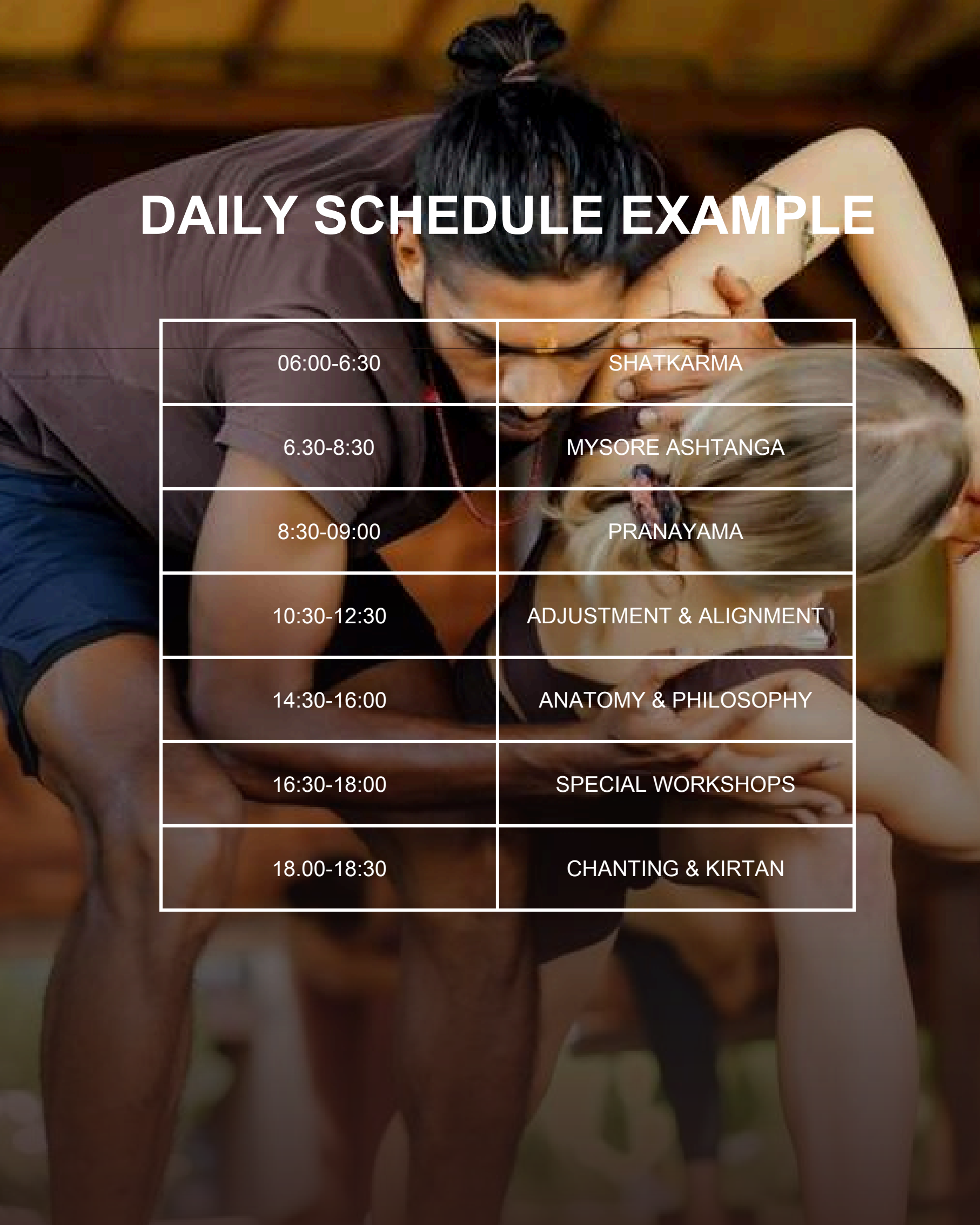
Ourania & the YogaUnion Bali Family

What's included

- *Group Size: 8-15 students*
- *Yoga Style: Ashtanga Yoga*
- *Duration: 7 days*
- *Cuisine: Vegetarian, plant-based*
- *Skill Level: Open to all levels*
- *Certification: Yoga Alliance (YACEP)*
- *Location: Mytikas, Greece - YogaUnion [\(click here\)](#)*

- *Accommodation for the entire course duration*
- *Three meals per day*
- *Tuition fees*
- *Course materials*
- *Yoga Alliance certification diploma*





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

You Can 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.

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.*



Our Curriculum in more detail:



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

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:

- YogaUnion Vinyasa Ashtanga 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



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.





Yoga Life in Mytikas







Yoga Life in Mytikas



Yoga Life in Mytikas

Yogic Diet

YogaUnion Greece has partnered with Thesmos Village Hotel 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 Greece 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.



Thesmos Village Hotel

Welcome to Thesmos Village Hotel, your ideal retreat for the upcoming training! Situated in the tranquil coastal area of Mytikas, Greece, Thesmos Village Hotel offers the perfect combination of comfort and natural beauty, just 35km from Aktion Airport (PVK).

Our well-equipped accommodations feature modern conveniences, including air conditioning, complimentary WiFi, and a balcony or terrace overlooking breathtaking views. Relax and recharge in our inviting swimming pool or explore the spacious gardens surrounded by the serene landscape of the Ionian coastline.

Experience rejuvenation at our yoga shala, where the peaceful ambiance and stunning sea views set the tone for your practice. Savor delicious Greek and international dishes at our on-site restaurant or enjoy refreshing drinks at our cozy bar.

Perfect for soaking up the sun or finding peace in meditation while listening to the gentle waves. Thesmos Village Hotel is more than a place to stay; it's your sanctuary for a truly transformative experience.



Mytikas, Greece

Mytikas, nestled along the Ionian Sea, is a picturesque village that offers a peaceful escape into traditional Greek life. Known for its stunning coastline, the village boasts clear turquoise waters, uncrowded beaches, and a serene atmosphere perfect for relaxation and reflection. Whether you enjoy a tranquil swim or a quiet walk along the shore, the natural beauty of Mytikas is truly enchanting.

The charm of Mytikas extends into its village streets, where you'll find cozy tavernas serving authentic Greek dishes made from fresh, local ingredients. Enjoy the simplicity of life as you wander past whitewashed houses adorned with vibrant bougainvillea, reflecting the timeless character of this hidden gem.

Surrounded by lush greenery and rolling hills, Mytikas is also a gateway to nature adventures. Hike scenic trails or take in breathtaking views from higher elevations. For those seeking both cultural richness and natural splendor, Mytikas delivers a perfect balance of tranquility and beauty—a destination where time slows down, and life feels refreshingly simple.



Things to do in Mytikas

From cooking classes to snorkeling, Greece offers plenty activities in gorgeous natural settings. 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*
- *Sailing*
- *Snorkeling & Scuba Diving*
- *Natural Landscape Trekking*
- *Thermal Springs*
- *Cooking Class*



Pass the Exam

STUDENT TEACHING

Delivering a 30 minutes Vinyasa Ashtanga flow class to your fellow yogis

Receiving constructive feedback from your head teacher.

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



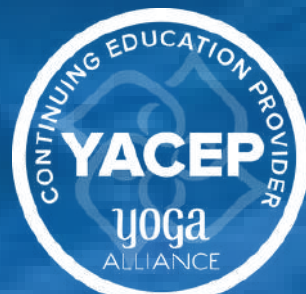
Diploma

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.

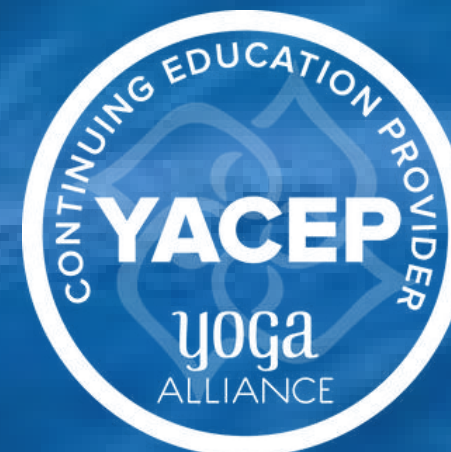


Yoga Alliance

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

50h - 6 nights (7 days) in Mytikas, Greece

Early Bird!

Triple Room	1050€	990€
Double Room	1350€	1150€
Private Room	1500€	1350€

** 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 **€300** deposit:

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



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** or here:*

***IMPORTANT:** At the reference, please make sure that you will write “Your Name”.
Please note that this is a Euro account. If you are paying from another currency, the payment should automatically convert to Euros based on the current exchange rate.*

Kindly send us the receipt afterwards to training@yogaunionbali.com

Revolut Account receiving Euros (€) only:

Beneficiary / Recipient: Yoga-Eight Ltd.

BIC / Swift Code: REVOLT21

Account IBAN: LT04 3250 0427 7785 0881

Address: Suite 1 Sterling Building,
Enrico Mizzi Street Post Code: XBX 1453

City: Ta' Xbix, Lithuania

Click here to automatically open the Revolut page and book your training 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

📷 @yogaunionbali
🌐 www.yogaunionbali.com
🎵 yogaunion.bali
📞 +62 812-3715-4225
📺 @yogaunionbali

