



Where Breath Meets Body

Breath & Somatics Teacher Training

Join our 50-Hour transformational course and get certified in the island of gods Bali



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



Step Into the Practice

This training is an **opportunity to deepen your connection to yourself** through breath, movement, and embodied awareness.

It's a space to explore how the **body holds experiences**, **how breath shapes our inner landscape**, and how simple practices can create lasting shifts.



Through somatic tools, breathwork practices and trauma awareness, we'll explore what it means to be present—not just in thought, but fully grounded in the body. This isn't about fixing or changing who you are. **It's about meeting yourself with clarity, curiosity, and honesty.**

Join us for a week of practice, reflection, and connection—rooted in real experiences, personal insight, and embodied growth.



What's included

Group Size: 15-20 students

Course Length: 6 Days
Food: Vegetarian, Plant-based

Skill level: All Levels

Certification: 50hrs

Location: Ubud, Bali - Yoga
Union Earth Shala

6 days / 5 nights
Accommodation

Three meals per day, five days a
week (excluding Sunday as the
check out day)

Tuition fees

Course material

Yoga Alliance certification
diploma



Students certified with us are eligible to accredit their Continuing Education Hours with Yoga Alliance.





Where Breath Meets Body

50h Breath & Somatics Teacher Training

Breath & Somatics Teacher Training is a transformational 50-hour program designed for facilitators, yoga teachers, therapists, and individuals seeking a **deeper understanding of somatic movement and embodied practices, breathwork, trauma-informed facilitation, and emotional release techniques.**





What You Will Learn:

This course **blends modern science, ancient wisdom, and practical facilitation skills**. Each session is designed to **deepen both personal embodiment and professional facilitation skills**.

Students will engage in experiential practices, reflective exercises, and teaching methodologies to **develop confidence in guiding breath and somatic practices**.

- Somatic movement & embodiment practices
- Using Breathwork as a Somatic Tool
- Trauma-informed facilitation skills
- Nervous system regulation & tracking
- Body-Based Practices for Processing Emotions, Emotional intelligence and Emotional Release
- Boundaries, consent & space-holding techniques
- Teaching & Guiding Breath-Somatic Sessions
- Integration, techniques for grounding, Peer Facilitation & Real-Time Feedback



With a focus on

- **Understand how emotions live in the body** and use movement to release tension and trauma.
- **Explore breath as a tool for deep healing** and expanded awareness.
- **Develop skills to create safe spaces**, work with survival responses, and support emotional integration.
- **Recognize and support nervous system states** in yourself and others.
- **Build facilitation skills rooted in ethical space-holding** and conscious communication.
- **Experience practices** like Dynamic Meditations, Somatic Dances, and Breathwork.
- **Guide sessions with clarity**, sensitivity, and presence.
- Lead breath and somatic **sessions with confidence, structure**, and adaptability.
- **Support post-somatic integration** and emotional processing.





The Experience

This training is **not just about techniques...**

it offers a powerful gateway to **healing while cultivating presence, and a deep connection to self and others**, supporting you wherever you are on your personal growth journey.

Through somatic practices, breathwork, and trauma-informed techniques, **you'll explore tools for nervous system regulation, emotional release, and deep embodiment.**



Daily Schedule example

08.00 - 09.15	Morning Somatic & Embodiment Practices
09.15 - 11.00	Breakfast & self-reflection assignment
11.00 - 13.45	Sharing Circle, Breath & Somatic Theory and Techniques
13.45 - 15.45	Lunch Break & Integration Time
15.45 - 17.45	Q&A, Interactive Lessons & Teaching Practice
17.45 - 18.15	Group Sharing, Support & Integration
18.15	Dinner + free time



You'll learn through

- theory
- interactive lessons
- self-practice
- personal reflection
- sharing & group support
- mini lessons you'll teach to each other



Yogic diet



Yoga Union is partnered with local cuisine talents to supply the best nutrition for our students. **Our yogic diet is plant-based vegetarian and includes tofu and tempe.**

Enjoy the best tastes Bali has to offer, **made with local, organic produce, exotic fruit and superfoods** such as fresh turmeric, ginger, beets, eggs, leafy greens, avocado, and legumes.

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 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 allergies or food intolerance, please let us know before arrival. We'll provide you with a personal alternative.*



The venue – Earth Shala



The Earth Shala is a serene sanctuary nestled in Ubud's lush rice fields, blending harmoniously with its natural surroundings.

Built with Balinese architecture, it features wooden beams, open sides for fresh air and light, and rustic bamboo pillars.

A dark-tiled roof and **tropical gardens enhance its earthy charm,** while a stone-lined path leads to its minimalist yet elegant interior.

Designed for deep practice and connection, the Earth Shala offers a tranquil retreat to reconnect with nature and inner balance.



Ubud, Bali

Nestled in the heart of Bali, **Ubud offers a serene escape, rich in culture, history, and breathtaking natural beauty.** This enchanting destination is perfect for those seeking an authentic Balinese experience.

Surrounded by lush landscapes, Ubud blends tranquility with easy access to cafes, restaurants, and local attractions.

The path to the Yoga Shala invites you to savor exotic fruits, while a short drive leads to some of the island's most stunning beaches.

The Balinese deeply honor Divine Balance, a principle reflected in the island's countless temples.

Shrines adorned with flowers and offerings can be found everywhere, symbolizing harmony and a sacred exchange with both higher and earthly energies.



Jess – Breath & Somatics TTC Instructor

Jess is an integrative therapist, breathwork facilitator, and meditation teacher trainer with over a decade of experience in guiding individuals through deep transformational work. Combining a holistic and ceremonial approach with modern somatic practices, Jess **specializes in nervous system regulation, trauma-informed facilitation, and emotional release techniques.**

With a background in shamanic practices, embodiment work, and conscious connected breathwork, Jess creates a safe and supportive space for personal healing and professional growth.

Her teaching style blends ancient wisdom with modern science, empowering students to develop the confidence and skill to facilitate breath and somatic experiences with integrity and depth.

Passionate about holding space for transformation, Jess has designed the Breath & Somatics Teacher Training to equip you with the tools to guide others **through profound healing experiences.**



Upcoming 50h TTC Dates

26 May – 01 Jun 25
15 Sep – 21 Sep 25



Pricing

€990 – Two bed shared room

€1090 – Private room

€890 - without accomodation

6 days / 5 nights Accommodation

Three meals per day

Tuition fees

Course material

Yoga Alliance certification diploma

Please note: we work with multiple local homestays & allocate rooms on a first-come-first-served basis, all rooms are of a similar standard.

Prices are listed in Euros (€)

All taxes according to Indonesian regulations included.

Flight tickets, transportation and extra activities are not included in the price. They can however be arranged via our preferred suppliers!

The deposit is non-refundable. In case of cancelation, it can be deducted from the cost of any future training with YogaUnionBali.





How to Book your spot

Please transfer a deposit of €300 to secure your spot.

Send an enquiry to receive online bank transfer details
training@yogaunionbali.com

Once we receive your payment, we will send you a confirmation email—along with detailed information about your course.



*“There is a voice that
doesn't use words.
Listen.” – RUMI*



We're not just a training school, we're a community who support each other throughout this profound journey—in togetherness



*We welcome you to become part of YogaUnionBali
- Ourania & The YogaUnionBali Family*

You will be sure to form deep bonds & leave with knowledge and union for life.