



# Self-Enquiry & Meditation Teacher Training

*Life is a series of Awakenings*

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



# Our mission

At YogaUnion we challenge the norms  
and go beyond mere practice.

We learn, re-learn, break old patterns,  
grow & rise together

We are present, mindful and supportive  
of one another

We embrace challenges, welcome  
uncertainty and actively seek growth

Together we build unbreakable bonds,  
as an ever-growing community

**We become more than just a group;  
We become a family, a union**

**A YogaUnion**





# Who we are

For over 15 years, YogaUnion (RYS) has been offering internationally accredited Yoga and Meditation Teacher Training Courses with Yoga Alliance in Bali, Greece and India.

# Why us?

We don't make empty promises, we genuinely believe our unique courses offer something special and guarantee you won't regret taking the leap! We're confident you will emerge a wiser, more grounded version of yourself.

We're dedicated to providing life-transforming experiences, and sincerely hope you join us soon. Warm regards, the YogaUnion family.





# Step into the Practice

Through holistic balance of body and mind, you'll experience how gentle yet profound practices create deep, lasting transformation.

You'll nurture personal growth, while gaining the **skills to hold space and guide others** in an authentic, safe, informed, and empowering way.

This training is an opportunity to **deepen your connection to yourself** through both Consent & Trauma-informed practices, blending:

- Embodied Somatic Movement
- Mindfulness
- Meditation
- Personal Insight Practices
- Theoretical Know-how

We invite you to **tune inward with grounded clarity**, embracing what arises with openness and curiosity.

Here, you'll be supported in **your truth** while **unlocking your intuitive, creative potential**—empowering you to shape a life that truly aligns with you.

Join us for a week of **presence, discovery, and connection**—rooted in real experiences and lasting insight.





# Meditation: The art of self-regulation & insight

Meditation is a path of self-exploration, guiding us to our **Inner Compass**—a source of wisdom and intuition.

Whether through focused attention, compassion, visualization, or mindful presence, it allows us to **expand awareness and cultivate inner balance.**

It's not about escape but **awakening to life with depth and clarity.**





# Overview: 50h Self-Enquiry & Meditation TTC



**Group size:** 8-18 participants

**Course length:** 6 days (5 nights)

**Food:** 3 vegetarian, plant-based meals  
per day

**Skill level:** all levels

**Location:** YogaUnion, Ubud, Bali

Students certified with us can accredit their Continuing Education Hours with Yoga Alliance





# Who is this course for?

## Who is it for?

This transformational 50-hour program is designed **for people who want to bring positive change into their lives and work.**

You will **learn to facilitate** both consent & trauma-informed approaches while experiencing the opportunity for **profound personal growth.**

For **facilitators, yoga teachers, therapists, coaches, and anyone else** seeking balance, creative inspiration, and a deeper understanding of themselves



- Mindfulness and Meditation
- Self and co-regulation
- Emotional awareness & release
- Embodied, somatic practices
- Intuitive self-knowledge
- Creative manifestation





## What you will learn

This course blends current science, ancient wisdom, and practical facilitation skills.

Sessions are designed to **deepen both mind and body awareness.**

You'll explore experiential practices, reflective exercises, and teaching methods to develop calm confidence while guiding others.

- Connect to your **body, subconscious & emotions**
- Practice **awareness and meditation techniques**
- Fine tune **nervous system tracking & regulation**
- Gain deeper **insight** to **your inner world** incl. perceptions, patterns, and behaviors
- Tune into your **intuitive knowledge**
- Learn science-based **manifestation techniques**
- Master **boundaries, consent & space-holding methods**
- Create a foundation of harmony, **connecting to yourself, others, and nature**



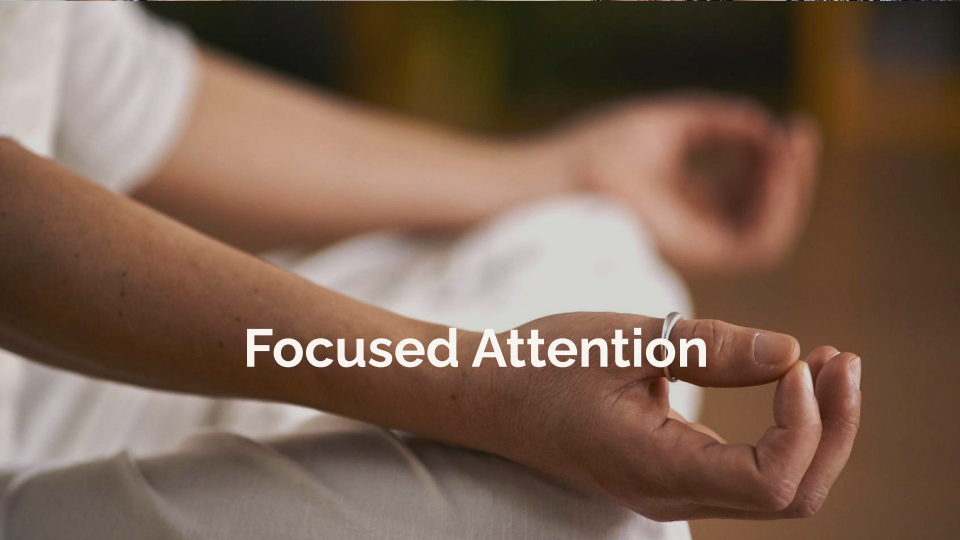


**Loving Kindness (Metta)**

## Types of meditation



**Mindfulness**



**Focused Attention**



**Guided Meditation/Yoga Nidra**

# A day in your TTC: Each morning



## Body & Mind Grounding and self-connection

We start the day with **mindful breath and movement** – to connect to body awareness.

Once grounded, you will **practice relaxing meditations** to release stress from mind and body, restore balance, uplift your mood and set a personal intention for the day.

Following the morning practice and before breakfast, you will **journal your meditation insights** to capture the learnings of your individual journey.



# A day in your TTC: After breakfast

## Theory & personal practice

- **Roots and philosophy** of meditation
- **Mindfulness and meditation** techniques
- **Body, mind, and emotional** awareness
- **Nervous system** know-how & regulation
- **Self and co-regulation tools** in times of stress
- **The subconscious & neuroplasticity** (re-shaping your reality)
- **Sourcing creativity** from your intuitive mind
- **Self-acceptance**, forgiveness, and love
- **Consent & Communication methods** (e.g., needs, desires, listening skills, boundaries & agreements)

Throughout the course, we encourage **sharing, support, a sense of community, playfulness, and genuine connection** within the group.





## A day in your TTC: After lunch



### Teaching practice

We believe that **continuous practice** and **feedback** during this training – where we listen to and learn from each other – are **more effective than a final exam**.

For this reason, you will have the chance to **practice teaching with a partner** in a cosy and safe space.

You will receive encouraging and constructive tips from both the facilitators and your partners, helping you develop your skills and **grow in confidence as a teacher**.



# Daily schedule & learning methods



Time	Agenda
8.00-9.00	Breath & body awakening and meditation
9.15-11.00	Breakfast and self-reflection assignment
11.00-11.15	Sharing circle
11.15-13.00	Theory and personal practice
13.45-15.45	Lunch and short teaching practice prep
15.45-16.00	Q&A time
16.00-17.45	Teaching practice
18.15	Dinner and free time

- Theory
- Interactive lessons
- Self-practice
- Personal reflection
- Sharing and group discussions
- Mini lessons you'll teach to each other





## Extra Takeaways



We support your learning journey with **comprehensive material** you can utilize back home with **your own students, clients, sessions & groups** incl:

- Course **manual**
- Music **playlists** via Spotify
- **Lesson plans** for embodied movement
- **Facilitator instructions** for partner/group self-awareness exercises
- **Personal journal** notebook
- **Mala bead chain** for mantra meditation
- **Multiple Meditation scripts**



# Meet Nina – course creator & facilitator

Hello dear one!

Born in the UK, I've spent half my life living & learning within different cultures. I love **working from the heart—empowering people** to empower themselves.

My background is in General Nursing, Hatha Yoga Therapy, Mindfulness, Meditation, Yoga Nidra, Hypnotherapy, Timeline Therapy, NLP & Somatic Consent™. I'm the **author of the book:**

**50 Things to Know About  
Your Mindfulness & Meditation Journey**

I look forward to guiding you through this experience together with my **co-teacher, Jess** (Brazilian-born Meditation Teacher Trainer, Breathwork Facilitator & Integral Therapist) as well as a **teaching assistant** who will also be there to support your needs.

*"You can only guide others  
as deeply as you've gone yourself"*



# What previous participants say...



“

*Whatever your intention for this course, you'll definitely **gain insights and grow**. The instructors have loving souls & helped me believe in myself again. Forever grateful.*

– Ines

*I took with me **many learnings about myself** and a **huge toolbox** for facilitating gatherings and meditation.*

– Sina

*This course is so **much more than meditation**. A space was created that allowed everyone to be **vulnerable**, in a way that we **felt guided, supported and safe**. I gained so much on a **personal and professional level**. My heart is full.*

– Emily

*A heartfelt thanks to the facilitators for creating a **safe and nurturing space**. I learned to **facilitate meditation**, and **deepen my own personal practice**, delving into awareness of my triggers and emotional regulation.*

– Sindy

*Honestly, this was such a **life-changing experience** I learned so much about myself and about life in general. **The course is designed so cohesively**, and the teachers were an incredible inspiration!*

– Aida



# Accommodation & Shala

## Wander through the rice fields of Ubud

Take a mindful stroll through the rice fields, feeling the warmth of the sun on your skin and a deep sense of peace in your heart.

## Immerse into your experience at our Earth Shala

Nestled in a lush garden, our Earth Shala offers a serene and sacred space for your self-enquiry and meditation practices.

## Unwind in your private or twin room

Private and twin rooms with balconies overlooking our tropical garden and the surrounding rice fields, offer tranquility and comfort.







# Ubud Bali



**Ubud** is a hub of beauty, art, and ceremony. Gentle yet powerful, relaxing yet exhilarating, humble, unhurried, accepting and wise.

The Balinese people's respect for Divine Balance reflects in a myriad of temples throughout the island.

Everywhere you look you see shrines adorned with flowers and food—offerings to make peace with both the higher and lower energies of our Earth.



# Yogic food



We partner with **local restaurants** to supply the best nutrition during your stay with us.

Our team of chefs create **healthy vegetarian dishes** with local, organic products, fruits, and superfoods.

If you have any **allergies or food intolerance**, please let us know before arrival. We will make sure to provide you with personal alternatives.

# Pricing

**Prices include** accommodation for duration of the course, **3 meals a day**, **tuition fees and course material**.



- €670 – Without accommodation
- €790 – Two bed shared room
- €890 – Private room
- €950 – Superior Private room

Prices are listed in **Euros (€)**, all taxes acc. to Indonesian regulations included.

Flight tickets, transportation, and extra personal activities are **not included in the price** but can be arranged via our preferred suppliers.

The **deposit is non-refundable**. In case of cancelation, it can be used for any future training or retreat with YogaUnion, in Bali, Greece, or India.

If you'd like to **arrive earlier or extend your stay**, please let us know in advance.



# Upcoming TTC dates in Bali

28 April - 4 May 2025

23 - 29 June 2025

18 - 24 August 2025

13 - 19 October 2025

8 - 14 December 2025

Scan this code to send us  
a WhatsApp message



Or reach out via email:  
[training@yogaunionbali.com](mailto:training@yogaunionbali.com)

We are happy to answer your questions!



Become an informed instructor – ready to share your gifts with the world



- I. **Send an enquiry** to **[training@yogaunionbali.com](mailto:training@yogaunionbali.com)** and receive online bank transfer details.
- II. Transfer your **deposit** to secure your spot

**€300 for all room types**

- III. Once we receive your payment we will send you a **confirmation email** – along with **detailed information about your course.**



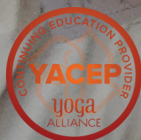


# We are not just a training school

We are a community who support each other throughout this profound journey – in togetherness.

We welcome you as part of the YogaUnion family. You will be sure to form deep bonds & leave with knowledge and union for life.

Bali - Greece





Unfurl & explore —  
Come taste the space around you  
Stretch into your being

*Haiku ~ Nina Edmondson*

