

Darshan - "How You View Life"

50h Philosophy Course

*Explore the wisdom behind the poses —
a journey into the heart of yogic thought,
purpose and daily life.*

Bali - Greece

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Meet Aakanksha

After feeling unfulfilled in her life, Aakanksha found meaning and purpose through Yoga Philosophy. Since becoming a 500 RYT, she has been teaching Hatha, Restorative, Vinyasa and Yin Yoga; specializing in Pranayama, and majorly focusing in adopting Yogic Philosophy in all her teachings.

Passionate about Meditation, Pranayama and Yoga Philosophy, she now serves as the Head Philosophy teacher at YogaUnion.





Welcome to “DARSHAN – How You View Life”

This 50-hour Philosophy Module invites you to explore the rich, often-overlooked philosophical roots of yoga. Far beyond physical postures, yoga is a living wisdom tradition that offers tools to better understand ourselves and the world around us.

WHO IS THIS TRAINING FOR?

- ✓ **Yoga Teachers** – Want to deepen your knowledge beyond asana? This course will equip you with the philosophical foundation needed to confidently weave ancient wisdom into your teaching—from class themes to student discussions.
- ✓ **Serious Yoga Practitioners** – You don’t need to be a teacher to benefit. If you're passionate about yoga and curious about its roots, this training offers a profound dive into the “why” behind the practice, helping you embody yoga on and off the mat.
- ✓ **Seekers of Inner Growth** – Whether you're navigating life transitions or seeking spiritual clarity, this course offers timeless tools and frameworks from Indian philosophy to support self-inquiry, reflection, and transformation.
- ✓ **Lifelong Learners & Thinkers** – If you love history, culture, and deep conversations, this training provides a structured yet open space to explore how Eastern philosophy intersects with modern life—no dogma, just curiosity and insight.





THE COURSE

Led by our philosophy teacher deeply rooted in the Indian tradition, this immersive 50-hour course offers a profound journey into the intellectual and spiritual foundations of yoga. Rather than physical postures, this training focuses on the “why” behind the practice—exploring yogic worldview, classical texts, and ancient wisdom that continue to shape modern yoga.

Whether you're a yoga teacher looking to enrich your offerings or a curious practitioner drawn to deeper study, this course will give you the philosophical grounding to embody and share yoga with greater clarity, purpose, and authenticity.

What You'll Learn:

- ✓ Foundations of Indian Philosophy – Darshan, Aastik vs. Naastik, and the Six Classical Schools (Shad Darshan)
- ✓ Sankhya & Yog Philosophy – Understanding dualism, Purusha & Prakriti, Trigunas, and the roots of Yogic science
- ✓ Yog Sutra Exploration – Chitt Vritti, Antarayas (obstacles), Panch Klesh (afflictions), and Ashtanga (Eight Limbs of Yoga)
- ✓ Holistic Yogic Concepts – Panch Kosha (Five Layers of Being), Panch Vayu, Chakras, and Shatkarma (cleansing techniques)
- ✓ Ayurvedic Wisdom – Tridosha theory, Ayurvedic clock, Dinacharya & Ritucharya (daily/seasonal routines)
- ✓ Scriptural Studies – Key teachings from the Bhagavad Gita, including Karma Yoga and Dharma
- ✓ Practical Integration – Applying philosophical insights into teaching, practice, and daily life

Through interactive discussions, guided reflections, and real-world integration practices, you'll leave with a deeper connection to yoga's origins—and the confidence to express and teach its wisdom meaningfully, across traditions.

More than a course, this is a journey inward.

Course Snapshot:

Group Sizes: 15 - 25 Students

Yoga Style: Hatha Yoga

Course Length: 7 days (including check-in and check-out) or 5 intensive, active 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 7 days (including check-in and check-out) or 5 intensive, active days of immersive yogic study, where ancient philosophy comes to life through embodied practice, reflection, and community learning.

Each day begins in stillness and presence—with morning pranayama and a grounding Hatha Yoga session to awaken the body, breath, and awareness. This is followed by a nourishing breakfast before diving into rich explorations of Indian philosophy, yogic worldview, and timeless teachings.

Daily Flow:

Morning Practice

Start your day with Pranayama and Hatha Yoga, setting a balanced and calm foundation for learning.

Breakfast

Philosophy Sessions & Group Dialogue

Explore key yogic concepts through interactive lectures and group sharing. Topics include the Shad Darshanas, Sankhya-Yoga, the Yoga Sutras, Ayurvedic principles, and the Bhagavad Gita. These sessions are designed to spark inquiry, connection, and personal integration.

Lunch

Afternoon Philosophy & Reflection

Return for another round of philosophical immersion and open dialogue. Through case studies, storytelling, and Q&A, you'll build confidence in understanding and articulating complex concepts.

Evening Meditation & Hatha Integration

Wind down the day with guided meditation, light movement, or integrative Hatha Yoga to embody the teachings and settle into stillness.

Dinner

Throughout the course, you'll experience the beauty of Indian philosophy not just as theory—but as a way of living. Every session invites inquiry, self-discovery, and a sense of reverence for yoga's profound roots. Whether you're a teacher, seeker, or lifelong learner, this course offers a deeply enriching path to clarity, connection, and conscious living.





DAILY SCHEDULE

EXAMPLE

06:30-9:00	HATHA & PRANAYAMA
09.00-10.30	BREAKFAST
10.45-13.15	PHILOSOPHY + SHARING & DISCUSSION
13.30-14.45	LUNCH
15.00-17:00	PHILOSOPHY + SHARING & DISCUSSION
17:15-18:00	MEDITATION / OTHERS
18.00	DINNER

REQUIREMENTS

- ✓ **Open to All** – No prior experience in yoga philosophy is necessary. Whether you're a curious practitioner, a yoga teacher, or simply someone seeking deeper meaning, this course is designed to be accessible and enriching for everyone.
- ✓ **English Language** – We warmly welcome participants from all backgrounds and nationalities. All sessions are conducted in clear, accessible English—so a basic conversational level is needed to fully engage with lectures, discussions, and group sharing.
- ✓ **Full Participation** – To receive your certification and make the most of this immersive journey, full attendance is required across all classes, discussions, and group activities. Every session is a valuable part of the experience.





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.



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.






THE RICE FIELDS


The Rice Fields Experience

Step into serenity and immerse yourself in the authentic Ubudian way of life. Our training takes place amidst the luscious rice fields of Ubud—where every sunrise greets you with birdsong, and every breeze whispers through swaying palms. This peaceful setting offers the perfect environment for self-reflection, learning, and spiritual deepening.

Your accommodation, yoga shala, and on-site restaurant are all tucked away in nature's embrace, creating a sense of simplicity, presence, and connection to the Earth. Here, time slows down—and so can you.

Please note:

 The rice field paths are not accessible by car, which means your journey to and from the shala will be on foot, by motorbike, or bicycle—adding to the feeling of living in harmony with nature.

 We collaborate with multiple local homestays, carefully chosen for comfort and charm. Rooms are allocated on a first-come, first-served basis and are all of a similar standard, offering cozy simplicity and warm Balinese hospitality.

Whether you're walking barefoot to class or enjoying your morning tea to the sound of crickets, this is more than a location—it's an invitation to reconnect with yourself, one step at a time.





Prices

50h - 7days (5 active training days)
- Ubud, Bali

Double Room €890

Private Room €990

** Prices are listed in Euros (€) & IDR. All taxes according to Indonesian regulations, are included. Flight tickets, transportation and extra activities are not included however, transportation from the airport to the shalas can be arranged via our preferred suppliers.

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

€200 - No accomodation or shared double room

€300 - Private room

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.

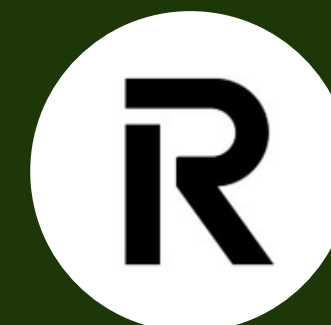
BIC / Swift Code: REVOLT21

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!**



Refund Policy

At YogaUnion Bali, we are committed to ensuring transparency in our policies while supporting the planning of your yoga journey. Below is our refund policy:

1. Deposit Payments

- All deposits are non-refundable.
- However, deposits are fully transferable and can be applied to any future training with YogaUnion Bali.

2. Remaining Balance

- The remaining balance, once paid, is also non-refundable. This is due to advance payments made for accommodation, teacher arrangements, and meal preparation.

3. Rescheduling Policy

- If you are unable to attend your scheduled training, your deposit and remaining balance can be transferred to a different training date or program. There is no time limit for rescheduling, allowing you the flexibility to choose a future training that suits your plans.
- Requests for rescheduling must be made in writing and are subject to availability.

We understand that plans may change, and we are happy to help you find a solution that works best for you. For any questions or clarifications, please don't hesitate to contact us.

Our Curriculum in more detail:





Sankhya Philosophy – The Roots of Yogic Thinking

Sankhya Philosophy Overview

- Dualistic view of reality
- Importance in yogic and spiritual thought

Purusha & Prakriti

- The eternal soul vs the material world

Trigun – Three Fundamental Qualities

- Sattva (clarity), Rajas (activity), Tamas (inertia)
- Influence on mind and body



Evolution of Yog

History of Yog

- Vedic period to modern yogic practices
- Key milestones and transformations

Concept of Yug (Time)

- How time is perceived in Indian philosophy (Satya Yuga, Treta, Dwapar, Kali Yuga)





Four Paths of Yoga

Introduction to Yoga Paths

- Different ways to spiritual liberation

Karm, Gyaan, Bhakti, Raj Yog

- Path of action, knowledge, devotion, and meditation



Yog Darshan & Patanjali's Yoga Sutras

Introduction to Yog Darshan

- Connection to Patanjali's work

Yoga Sutra Overview

- Importance and structure

States of Chitt (Mind)

- Five states from disturbed to fully controlled

Chitt-Vikshep (Obstacles)

- Nine major obstacles in practice (Antarayas)

Panch-Klesh (Five Afflictions)

- Ignorance, ego, attachment, aversion, fear of death

Ashtang Yog (Eight Limbs)

- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Panch-Kosh (Five Sheaths)

- Layers of existence: physical, energy, mental, wisdom, bliss

Panch Vaayu (Five Vital Energies)

- Prana, Apana, Udana, Vyana, Samana





Yogic Cleansing – Shatkarma

Shatkarma/Shatkriya

- Six cleansing techniques in Hatha Yoga
- Precautions, benefits, and guidance for practice



Ayurvedic Principles

Introduction to Ayurveda

- Science of life and health

Tridosh – Vaat, Pitt, Kaph

- Basic body constitutions

Ayurvedic Clock

- Daily energy cycles and organ rhythm

TriStambh – Three Pillars of Health

- Diet, sleep, and regulated use of senses

Dincharya & Ratricharya

- Ideal daily and nightly routines for balance



A close-up photograph of a person's arm and hand resting on another person's arm. The person whose arm is being touched is wearing a colorful braided bracelet. The background is blurred, showing a person's legs and feet in a yoga studio setting.

Chakras & Energy Centers

Chakras Overview

- Introduction to the 7 main chakras
- Physical and emotional associations



The Bhagavad Gita – Inner Wisdom

The Gita in Yogic Philosophy

- Relevance in modern life

Karm & Dharm

- Duty, right action, and life purpose in the Gita



COMPLETION

By the end of the 50-hour Philosophy Training, you'll have gained a deep understanding of Indian philosophy and its key teachings. The course emphasizes discussions and reflection, integrating the teachings into your personal practice and teaching approach.

Certification:

Upon successful completion, you will receive a Yoga Union certification, recognized internationally, demonstrating your knowledge of yoga philosophy.

Written Assessment:

Instead of a practical exam, the course includes a written assessment to reflect on the philosophical concepts learned and apply them to your life and teaching.

What You'll Take Away:

This training provides a strong philosophical foundation to enrich your practice and teaching. You'll leave with a deeper understanding of yoga philosophy, stronger reflection skills, and the ability to share these teachings in your community.

We look forward to guiding you on this transformative journey!
— The Yoga Union Philosophy Team



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

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