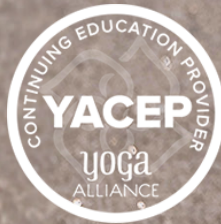


RECONNECT

50H - YTTC YOGA ALLIANCE EDUCATION - YOGA UNION BALI

BY FAYE BALOMENOU



for

200H GRADUATES

300H GRADUATES

YOGA TEACHERS

YOGA LOVERS



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.**



RECONNECT

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



RECONNECT

STEP INTO PRACTISE

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.



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Key Elements of
THE COURSE

30H SOMA

15 sessions / 45 min theory - 75 min practice

- Alignment cues
- Sequencing secrets
- Ashtanga basics
- Advanced vinyasa
- Mobility drills



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Key Elements of
THE COURSE

20H MINDFULNESS

10 sessions / 45 min theory - 75 min practice

- Breathwork
- Yoga on and off the mat
- Yoga for life
- Yoga nidra
- Storytelling in Savasana



RECONNECT



MEET THE INSTRUCTOR

FAYE BALOMENOU

Yoga is more than a job for me; it's an integral part of my personal evolution and growth. After completing my first training in India, I began teaching 10 years ago in studios, gyms, and through private sessions, gaining extensive experience. Soon after, I organized my first yoga retreat, and the more I worked with practitioners of all levels, the more I invested in my personal study.

Over the past five years, I have served as a Lead Teacher in 200-hour and 300-hour teacher trainings in Bali and Greece. I have also developed my own unique style of courses and workshops that guide practitioners towards a balanced and healthy lifestyle, fostering a deeper understanding of the yoga practice. My courses also assist aspiring yoga teachers in finding their own teaching style and maintaining motivation on their yoga journey. These "Soma workshops" have been successfully conducted in Hamburg, Cyprus, and Italy on multiple occasions.



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BY FAYE BALOMENOU

LIVE COURSE

PRICES

790€ triple room
890€ double room
990€ private room

LOCATION

Thesmos Village
Mitikas, Greece

ONLINE COURSE

PRICE

350€

DATES

21 - 27.07



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





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50H - YTTC YOGA ALLIANCE EDUCATION - YOGA UNION BALI

BY FAYE BALOMENOU

When life gives you setbacks,
return to your practice.

Whenever you feel unbalanced,
return to your mat.

Each time the next move is not clear to you,
step onto your mat.

This course is for every practitioner who
needs to reconnect with their practice.

It's also for every yoga teacher
who seeks inspiration or simply
wants to try a new vinyasa style.

This course is for every body.

**Together, we make you more somatic.
Closer to your body, closer to your heart.**

