



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:

- Mindful Awareness
- Meditation Techniques
- Personal Insight Practices
- Embodied Somatic Movement
- 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: welcome dinner, 5 full days of classes, 6 nights accommodation

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?

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 those seeking balance, insight, and creative flow—including facilitators, yoga teachers, therapists, and coaches looking to integrate these practices into their work



- 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 insight** to your inner world incl. perceptions and patterns
- **Tune into** your intuitive creative knowledge
- **Learn** science-based manifestation techniques
- **Master** boundaries, consent & space-holding methods
- **Guide** sessions with clarity, sensitivity, and presence
- **Lead** meditation & somatic sessions with confidence, structure, and flexibility
- **Create** harmony and connect to yourself, others, and nature

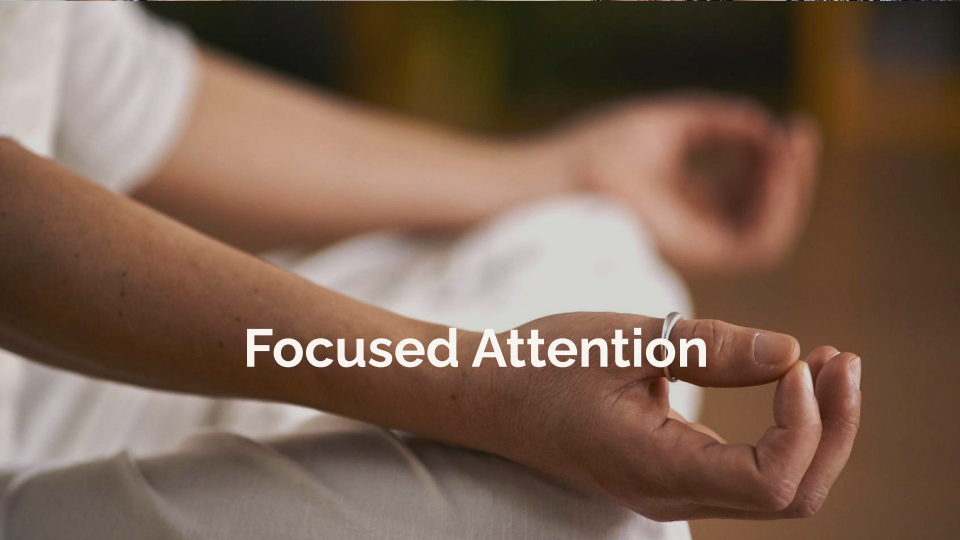


Loving Kindness (Metta)

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 different partners** 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**.

A day in your TTC: At the end of each day

Closing Ritual

We close each day sitting together in a circle, chanting OM in natural rhythm.

Each person during the week has a chance to lie at the center, absorbing the sound and its gentle vibrations—a moment to **surrender and fully receive**.

This soothing practice aligns group energy and deepens connection. A simple yet profound experience, **grounding and uniting us all**.



| 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 |

Daily schedule & learning methods

- 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**

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



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.

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.



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.

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



How to book your spot

- I. Send an enquiry to 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**.





Self-Enquiry & Meditation 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

We are happy to answer your questions!

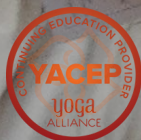
We are not just a training school

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 - training@yogaunion.com

Jl. Subak Sok Wayah, Ubud, Kabupaten Gianyar, Bali





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

Haiku ~ Nina Edmondson

