



YogaUnionBali

50h Yin YTTC

Are you ready to embark on a journey of self-growth and development through yoga, in the light of the island of Gods, Bali?

Click the following links to see the dates

Bali - **Greece** - **India**



50h Yin Yoga Teacher Training

*After years of experience, YogaUnionBali has created a specialized course in **Yin yoga**. Dedicate 50 hours to discover and learn more about this holistic and restorative practice whilst becoming Yoga Alliance certified. Understand the philosophy behind the practice, with an emphasis on analyzing and using the poses to delve deep into a healing journey through yourself.*

*This internationally accredited yoga teacher training program will provide you with the credentials necessary to teach all over the world. **Learn the art of teaching Yin Yoga while delving daily into the yogic teachings.***



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We focus on:

- Learning to practice and teach Yin Yoga classes with clarity and precision
- The meaning of Yin and Yang and how one compliments the other in the quest for balance.
- Practicing mindfulness and self-awareness through the practice of Yin.
- Comprehensive understanding of all the Yin poses, the alignment and how to sequence them to create your lessons
- Understanding foundational anatomy and physiology as applied to yoga asana
- A journey through the history and philosophy of Yin yoga
- The physiological effects of Yin on body & mind, respecting our individuality and uniqueness.



You can expect:

- Daily morning **pranayama**, breathing techniques and meditation. Emphasis on Mudras and Pranayama for Yin Yoga.
- Anatomy: Nadis, Chakras & Koshas, bones, fascia, and connective tissue.
- Qi energy and the 12 Meridians
- Meditation, Visualization and Relaxation
- Daily **Yin Yoga practice** focused on different elements.
- Daily **analysis of all the Yin Yoga poses**, the alignment, modifications and how to create your own sequences.
- Specialised **workshops** in a variety of different subjects including Philosophy & Anatomy of Yin Yoga.
- Experiencing different types of **Yoga lessons**, including Vinyasa, Hatha and Yoga Nidra.



The classes:

- Pranayama & Meditation
- Yin Yoga Practice
- Analysis of Yin Postures
- Workshops (Yin Yang, Meditation, Anatomy, Teaching Workshop)
- Yin Philosophy
- Slow Yoga
- Yoga Nidra

UPON COMPLETION:

*YogaUnion's 50h Yin Yoga Teacher Training is registered with Yoga Alliance. Students who will be certified from our school will be eligible to accredit their Continuing Education Hours with **Yoga Alliance**.*



The background of the entire image is a sunset over the ocean. The sky is a deep orange and yellow, with some clouds. The water is dark blue with gentle ripples. In the distance, a small boat is visible on the horizon. The overall mood is peaceful and warm.

Course Snapshot:

Group Sizes: 10-30 Students

Yoga Style: Yin Yoga

Course Length: 6 Days

Food: Vegetarian, Plant-based

Skill level: All Levels

Certifications:

Location: Ubud, Bali - YogaUnionBali Shala

What's included?

Accommodation for duration of the course

3 meals a day

Tuition fees

Course material

Yoga Alliance diploma



Our Curriculum in more detail:



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The Art of Yin Yoga:

- History of Yin Yoga.
- Yin Yoga theory and application.
- Stabilizing and deepening a Yin Yoga practice.
- Comparison of a Yin and Yang practice.
- Yin Asana benefits and contraindications.
- Archetypal poses and their variations.
- Appropriate use of props.
- How to create and hold a safe space.
- Developing your teaching voice.
- Sequencing Yin Yoga classes.





Our Bodies:

- Anatomy applied to Yin Yoga.
- Compression and tension theory.
- The fascia and connective tissue.
- Yin and Yang are related to the body.
- The physical and subtle bodies
- The 5 koshas and energy fields
- Introduction into the 12 Meridian Lines
- The chakra system and how to relate it to daily life.
- How to recognize imbalances in the subtle bodies.
- The sympathetic and parasympathetic nervous systems.
- Understanding the relaxation response



Pranayama & Meditation:

- Qi, Prana or life-force energy.
- Nadi Shodhana and nostril breathing
- Belly breathing (diaphragmatic breathing)
- Full Yogic breath and practice.
- Long Exhale breathing.
- Bhramari humming bee breathing
- Chakra balance and meditation.
- Mindfulness awareness meditation.
- Walking meditation.
- Metta loving-kindness meditation.
- Soham meditation.
- Yoga Nidra practices.



Daily Schedule Example:

07.00 - 08.00	Pranayama & Meditation
08.00 - 09.00	Gentle Flow
09.00 - 10.00	Yin Anatomy
10.00 - 10.30	Breakfast
10.30 - 12.00	Practical Part
12.00 - 13.00	Lunch
13.00	Yin Asanas
16.30	Yin Yoga Class
19.00	Dinner



Our Instructor:

HAYDEN

Hayden's journey with yoga began some 20 years ago and continues to this day. In yoga he found grounded, practical techniques for bringing more peace and awareness into daily life. He found yin yoga during a time of particular challenge and turmoil, and Yin was the perfect medicine to help unwind and tune in to inner wisdom. He studied extensively in yin yoga to be able to bring the benefits of joy, ease, and growth to his students, and Hayden has trained hundreds of yin yoga teachers since 2018, and many more in other styles.

Strongly grounded in the physical and the present, Hayden's classes are open to the fullness of our human experience as spiritual beings. He teaches from the heart to the individual; whether you're new to yoga or deepening your journey – and inspires everyone to discover their own practice, their own unique contact with the divine. He aspires to hold a space that is inclusive, trauma aware, and welcome to all.

Hayden was raised in a large family close to nature, where kindness was the highest value. He previously worked in Conservation Ecology, and spent many years in the forest studying the natural world. A youth of martial arts practice and Buddhist meditation led him to Yoga in the mid-2000s. And a desire to help people led Hayden to share the practices that have helped him.

Hayden's teachings are inspired by the world around us, and the world within. He is blessed to be influenced by his teachers Bex Tyrer, Thich Nhat Hanh, Bernie Clark, Sarah Powers, Jo Phee, and his parents Lyall & Louise.



Our Instructor:

ANNA VIKTORIA

The healing and therapeutic effects of exploring awareness and being in the body inspire Anna to be an eternal student of yoga. She is an educated IAYT Yoga Therapist and certified to teach Hatha yoga, Vinyasa yoga, Yin Yoga, Restorative Yoga, Medical Yoga, Akhanda Yoga, Lunar yoga and Yoga Nidra. Since 2014 she has been teaching classes, retreats and trainings in Sweden, Bali and Brazil. Nervous system science, subtle energy and yogic philosophy are her favourite geek areas. Yoga can be a door to meet yourself where you are with curiosity and to open for growth and transformation – having the honour to share this magic makes teaching yoga deeply meaningful to her.



Yogic Diet:

YogaUnionBali has partnered with **local restaurants** to supply the best nutrition for our participants. The students will follow the yogic diet consisting of vegetarian, plant-based foods.

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 - bringing the best **local, organic products, exotic fruits, and superfoods**, while creating a balanced menu. You will be surprised of the variety of tropical fruits and vegetables that will give your tastebuds a unique sensation. If you have any food intolerance, please let us know and we will adjust the meal options accordingly.



YogaUnion Shala

We highly recommend this location to those who want to experience authentic Ubudian lifestyle.

Our shala, your accommodation and the restaurant are located in the lush rice fields, where you can really enjoy the peaceful surroundings whilst being at one with nature. Our location is not accessible by cars, therefore feet, bicycles and motorbikes are only welcome.

**** Please note we work with multiple local homestays and allocate rooms on a first come first basis, all are of a similar standard.*

PRICING:

€790 Double room

€890 Private room

€950 Superior Private room

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

*In order to secure your place we require **€300***

Deposit.

You may transfer the deposit to the bank account details in the separate attachment.

Deposit is non-refundable, but you can use it for any future training with YogaUnionBali.



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

ENTRY TO INDONESIA:

- *Visa Options: You have two options for obtaining a visa to enter Indonesia: Business Visa or Visa On Arrival (VOA).*



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Ubud, Bali:

Ubud is a country side that allows you to come in close contact with a peaceful and traditional way of life. Its' beauty offers you a cultural-historical value and exceptional natural landscape at once.

We highly recommend this location to those who want to discover the beauty of a **simple and authentic lifestyle of Bali**.

A beautiful and lush rural area, yet you will easily find a wide range of cafes, restaurants, pool bars, numerous tourist attractions and abundance of exotic fruits that you can grab on your way to the **Yoga Shala**. Moreover, short drive away you can explore some of **the most beautiful beaches** in the island.





YogaUnionBali

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 YogaUnion Bali

-Ourania & The YogaUnion Bali Family

Bali - Greece - India

