



50h Self-Enquiry & Meditation Teacher Training

—within the warm embrace of gorgeous Greece—

This 6 day deep dive - 50hr TTC combines the ancient wisdom of meditation with modern methods of self-enquiry & current science

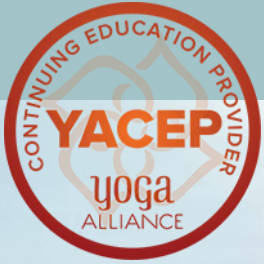
In this 50h training, you'll

- **Connect** to your body & emotions
- **Nurture** profound awareness & insight
- **Practice** diverse methods of self-awareness & meditation
- **Create** a foundation of harmony & connection to self, others & nature
- **Become an informed instructor** - ready to share your gifts with the world



YogaUnionBali





Who we are

YogaUnion is an established Yoga & Meditation School (RYS) offering internationally accredited Yoga Alliance Teacher Trainings in Greece, Bali & India

Our Mission Statement

YogaUnion challenges the status quo
We learn, re-learn, break old patterns & grow
We are present and aware
We support each other
We rise together
Building unbreakable bonds—
we're an ever-growing community
We are a family - a Union



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Types of meditation you'll explore

Mindfulness

Become the witness, mindfully noticing what arises without judgment—to create ultimate balance

Metta: Loving kindness

Cultivate warmth, acceptance, empathy, compassion and forgiveness to self & others

Focused attention

Calm the 'monkey mind' by focusing on an object - such as the breath, body, a mantra, image or feeling

Guided Meditation & Yoga Nidra

To help release thoughts & feelings that don't serve you, gain creative insight & to perceive and manifest your ideal state of being



Yoga Union Bali



Each morning

You'll begin with mindful breath and movement—to bring you back home to your inner world.

Once grounded, you'll enjoy relaxing, healing meditations to release accumulated stress, uplift, balance & anchor a personal intention for the day.

Before breakfast you'll journal your meditation insights, as inspiration for the week!



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After a delicious breakfast . . . Theory & Personal Practice

- Body, mind, emotional awareness
- Emotional release / how to gain balance
- Self-acceptance, care, forgiveness & love
- Mindfulness & Meditation Techniques
- Ancient roots & philosophy of meditation
- The subconscious mind, the theta state & neuroplasticity
- Sourcing creativity from your intuitive mind
- Yoga nidra + guided meditation to change your reality
- Tools to self & co-regulate in times of stress
- Communication methods (needs, desires & boundaries)
- Sharing, Support, Community, Playfulness & Connection!





Each late afternoon Teaching Practice

In a supportive environment, you'll practice teaching each other, receiving encouragement and feedback, so that you develop your skills, and grow in confidence as a new teacher.

We find that during a meditation training, continuous practice & assessment - where we listen to and learn from each other, is much more effective than a final exam!

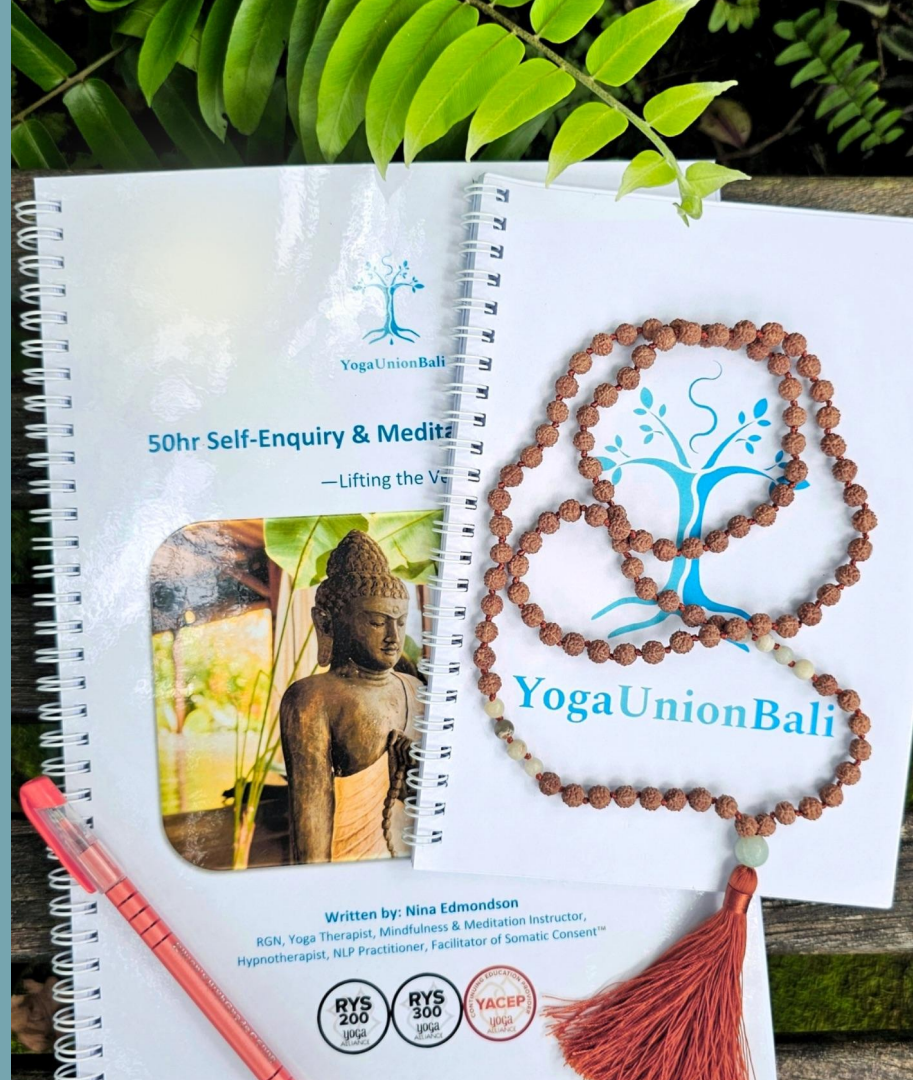


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Manual, Lesson plans, Music & Meditation Scripts

You will receive a manual with detailed course content, as well as:

- Music playlists via Spotify
- Lesson plans for embodied movement
- Facilitator instructions for partner/group self-awareness exercises
- Many meditation scripts that you can use immediately back home with your own students, clients, sessions and groups!
- Your own personal journal notebook & a mala bead chain for mantra meditation



You'll learn through

- theory
- interactive lessons
- self-practice
- personal reflection
- sharing & group support
- mini lessons you'll teach to each other

On completion

YogaUnion's 50h Self-Enquiry & Meditation Teacher Training is registered with Yoga Alliance.

*Students certified with us are eligible to accredit their Continuing Education Hours with **Yoga Alliance**.*

—daily schedule example—

8.00 - 9.00	Breath & body awakening + meditation
9.15 - 11.00	Breakfast & self-reflection assignment
11.00 - 11.15	Sharing circle
11.15 - 13.30	Theory & practice
13.45 - 15.45	Lunch & mini lesson prep
15.45 - 16.00	Q & A time
16.00 - 17.45	Teaching practice
18.15	Dinner + free time



Meet Nina - Self-Enquiry & Meditation TTC Creator & Teacher Trainer

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, Time Line Therapy, NLP & Somatic Consent™. I'm the author of the book:

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

My Bali co-teacher is Jess, Brazilian-born Meditation Teacher Trainer & Integral Therapist. Assistants are former students of this TTC.

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



Meet Beri & Nour - your open-hearted Meditation & Movement co-teacher trainers in Greece



Nour, with a background in Yoga & advanced Meditation, she creates a safe and grounding space, inviting you to slow down, tune into the wisdom of your body & flow in connection with yourself. Nour believes that every journey, both inward & outward, holds the potential for transformation. Born in Egypt, she currently lives in Berlin. Germany.

Beri, with her playful, empathic heart and experienced, multi-faceted Yoga & Meditation background, she provides a supportive and inclusive space to ensure each person receives the guidance unique to them. Born in Turkey, she currently lives in Malta.



Thesmos Village Hotel - Mytikas, Greece



Beautiful
Seascapes

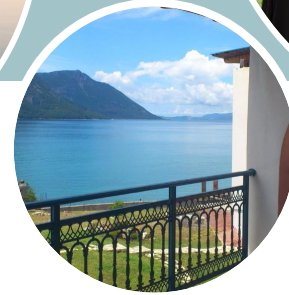
Take a dip in the
Ionian Sea

Feel the velvety water
on your skin as you
float,
swim or snorkel!



Mytikas

Mytikas is a charming seaside
village with a peaceful,
traditional &
authentic ambience



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Your Room &
Balcony

From your balcony

Look out onto
pine-covered
mountains, flower
gardens & the endless
blue Ionian Sea

Mytikas, Greece

A haven of serenity and sunshine, this little paradise offers the perfect venue for your journey within.

As you stroll to the Meditation Shala, you can pluck fresh fruits from local trees, adding a touch of natural goodness to your day.

The beach and views offer endless moments of tranquility and beauty.

The embrace of Mytikas await you . . .





Organic Food

YogaUnion has partnered with local restaurants to supply the best nutrition for our students.

We have an excellent team of Chefs who are here to make your stay unforgettable by offering you some of the best tastes Greece has to offer.

With local, organic products, fruits, and superfoods, they create healthy vegetarian food.

There'll definitely be something new to tingle your taste buds!

If you have any allergies or food intolerance, please let us know before arrival.
We'll provide you with a personal alternative.



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Upcoming Self-Enquiry & Meditation TTC Dates, Mytikas, GREECE

October 13 - 19 2025

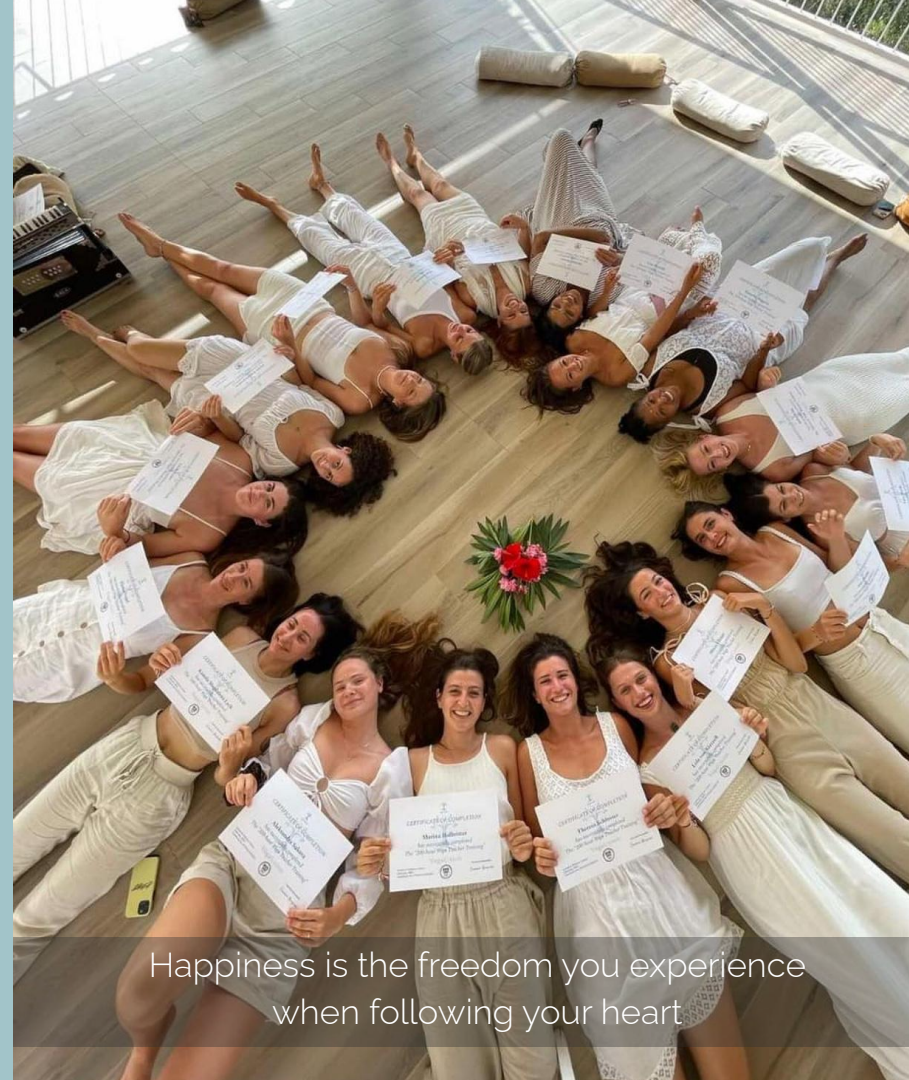
[Check website here](#)
[for additional dates in Bali](#)



Scan this code to
send us a WhatsApp
message

We're here to answer your questions!

Email training@yogaunionbali.com



Happiness is the freedom you experience
when following your heart

Pricing

€790 – Three bed shared room

€890 – Two bed shared room

€990 – Private room

Prices are listed in Euros (€)

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.





Course Snapshot—50hr Self-Enquiry & Meditation TTC

Group Sizes: 8-18 Students

Course Length: 6 Days

Food: Vegetarian, Plant-based

Skill level: All Levels

Certification: 50 hrs

Location: Mytikas, Greece

What's included?

Accommodation
for duration of the course
3 meals a day
Tuition fees
Course material



What others say . . .

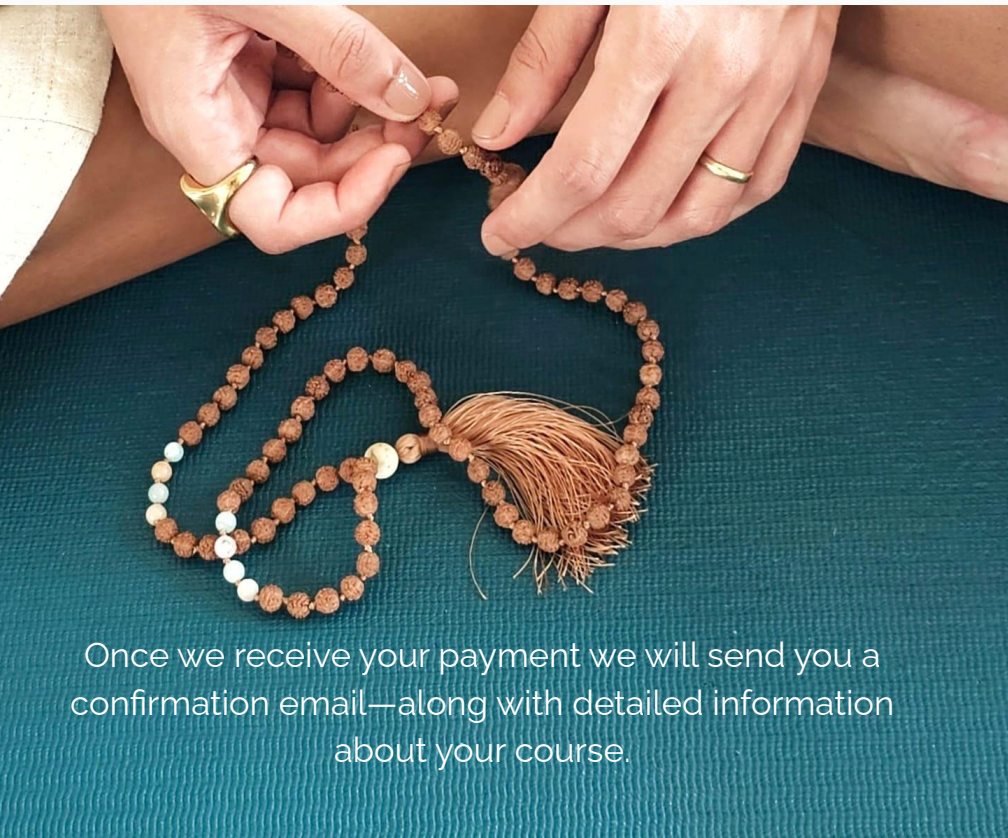
"A heartfelt thanks to the facilitators for creating a safe & nurturing space. I learned to facilitate meditation, and deepen my own personal practice, delving into awareness of my triggers & emotional regulation. Every moment was enjoyable." Sindy

"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 & professional level. My heart is full" - Emily



HOW TO BOOK YOUR SPOT



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

Please transfer your deposit
to secure your place

€300 for all room types

training@yogaunionbali.com

Please send an enquiry to receive
online bank
transfer details.



We're not just a training school, we're 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 - India



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

Haiku ~ Nina Edmondson



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