






BALI HYBRID 200H YTTC

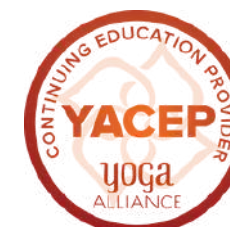
FIND YOUR INNER SELF IN UBUD, BALI

100h Online + 100h in Ubud - Bali



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 [+62 812-3715-4225](https://wa.me/6281237154225)
 [@yogaunionbali](https://www.youtube.com/yogaunionbali)

TRANSFORMATIVE JOURNEY



200H Vinyasa YTTC (100h Online + 100h Bali)

Dear Yogi,

*Are you ready to embark on a journey of **self-growth** and **development** through **YOGA**?*

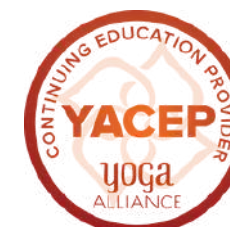
*To **leave behind** your previous life, open your **mind** to new **possibilities**?*

*Join us on this journey to **shift your perspective**, challenge yourself and your conditioning.
Come to grow, to have fun and to develop **physically, mentally and spiritually**.*

Click the following links to see the dates

Bali

Greece



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.



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.



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

What's included

- *Yoga Style: **Vinyasa** based on **Ashtanga***
- *Accommodation for the entire course duration*
- *Three meals per day, six days a week (excluding Sundays as a day off)*
- *Tuition fees*
- *Course materials*
- ***Yoga Alliance certification** diploma*
- *Duration: 100h to be completed online and 10 nights 11 Days in Bali (8 days of active training)*
- *Cuisine: Vegetarian, plant-based*
- *Skill Level: Open to all levels*
- *Certification: 200-hour RYT certification with **Yoga Alliance***
- *Location: Ubud, Bali*



The Yoga Shalas

Our amazing shalas in Ubud are located in a beautiful rice field neighborhood (Fire, Earth & Air), while Water Shala is nestled in the heart of Ubud, surrounded by the forest and river. Each shala has its own unique charm and beauty, ensuring an incredible experience immersed in nature. You can choose your preferred shala, but please keep in mind that each shala has a different capacity. Placement will be subject to availability, and if your preferred shala should be fully booked, we will assign you the next available one.

Click on the buttons below to catch a glimpse of a video for each shala.



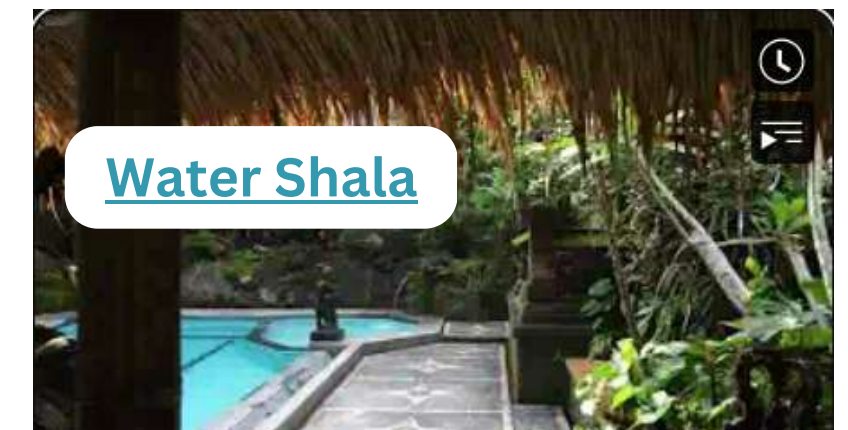
[Fire Shala](#)



[Earth Shala](#)



[Air Shala](#)



[Water Shala](#)



Fire Shala – A large, open space in the middle of rice fields, surrounded by nature with beautiful sunset views.



Earth Shala – A round, traditional shala in a peaceful garden, perfect for a calm and grounded practice.



Air Shala – On the second floor with fresh air and wide views of the rice fields, giving a light and open feeling.



Water Shala – Built over a river in the heart of Ubud, surrounded by green plants for a peaceful and relaxing atmosphere.

When does the course start?



Online Access:

- **Availability:** Online access begins once we receive your deposit and lasts for 6 months.
- **Platform:** The entire 200-hour course is available on our online platform, Teachable.



Recommendation:

- It's essential to watch all alignment and vinyasa live sessions.
- You are encouraged to watch some of the afternoon workshops.
- **Flexibility:** You can start the online portion either before or after completing the onsite portion.



Onsite Portion:

- **Start Date:** The onsite portion aligns with the regular 200-hour Vinyasa YTTC schedule.
- The onsite training starts with a welcome dinner on Sunday.
- It ends with check-out on the following Wednesday, totaling 8 days of active training.
- Including check-in and check-out days, the onsite portion spans 11 days.
- **Activities:** During the 8 days of active training, you will participate in various practical sessions, workshops, and community activities designed to deepen your understanding and practice of Vinyasa yoga.



Summary:

- **Course Structure:** The course combines online and onsite training for a comprehensive learning experience.
- **Duration:** The onsite portion is 11 days long, including check-in and check-out, with 8 days dedicated to active training.
- This structure ensures a well-rounded education, allowing you to learn at your own pace online and then apply that knowledge during the intensive onsite training.

Click [HERE](#) following link to watch a video explanation of our hybrid program—what it is and how it works.

How do exams work?

✓ **Practical Exam:**

- *Task: Record a 30-minute video of yourself teaching a yoga flow.*
- *Details: This can be done alone or with a student.*
- *Submission: Contact the online course coordinator via WhatsApp to get the Google Drive folder link for uploading your video.*
- *Evaluation: Results are typically provided within two weeks, depending on the teacher's workload.*

✓ **Written Exam:**

- *Format: Conducted live on Google Meet.*
- *Schedule: Available at the end of each month. Contact the online course coordinator via WhatsApp to request the exam schedule.*
- *Details: You will receive three links via email before the exam starts. Use these links to answer essay questions directly.*
- *Ensure you hit the submit button before leaving the platform.*
- *The exam duration is two hours.*
- *The teacher will host the exam on Google Meet, allowing you to ask questions if needed.*

✓ **Additional Information:**

- *Exam Timing: Both exams can be taken after completing the onsite portion of the training, whenever you feel ready.*
- *Coordinator: Reach out to the online course coordinator to arrange your exam.*

✓ **Summary:**

This structure provides flexibility and a comprehensive blend of online and onsite training for the 200-hour Vinyasa YTTC. The practical exam involves recording a teaching session, while the written exam is conducted live online. Both exams ensure a seamless and thorough training experience.

Click [HERE](#) following link to watch a video explanation of our hybrid program—what it is and how it works.

The Course

Drawing on thousands of hours of experience from around the globe, Ourania has meticulously crafted this course to provide the most educational and transformative experience possible.

The training is designed to challenge and nurture individuals at every level.

Our 200-hour course focuses on Vinyasa-Ashtanga Yoga, emphasizing a strong Asana practice.

Our focus includes:

- *Helping you establish a **solid yoga practice***
- *Building your **confidence, skills, and in-depth knowledge***
- *Comprehensive understanding of **Vinyasa**, rooted in **Ashtanga** practice*
- *Detailed **Asana analysis** and **adjustment** techniques*
- *In-depth **study** of Pranayama, meditation practices, and chanting*
- *Afternoon workshops covering various yoga styles such as **Yin, Restorative Yoga, and Hatha***
- *Instruction in methodology, theory, **philosophy**, and **anatomy**/physiology*
- *Training you to become an exceptional yoga teacher*



You Can Expect

Each day starts with an hour of pranayama, meditation, and mantra chanting, followed by a Vinyasa flow class.

Late mornings are dedicated to a deep exploration of asanas, focusing on alignment, adjustments, and teaching methodology.

In the early afternoon, you'll delve into the theoretical aspects of asanas, alternating between studying yoga philosophy and anatomy on different days.

Afternoon sessions are centered around restorative yoga styles like Yin, Hatha, and Nidra, as well as specialized workshops. Our approach goes beyond the traditional; we maintain high teaching standards while ensuring our classes are engaging and fun.

From the first day, you'll begin practicing by teaching a few minutes of a Vinyasa lesson, gradually building your confidence to lead a full class by the end of the course.

You will have one day off each week, usually Sundays, to relax and enjoy your surroundings.

07:00-9:00	PRANAYAMA
8:00-10:00	VINYASA
10:00-11:00	BREAKFAST
11:00-13:00	ALIGNMENT
13:00-15:00	LUNCH
15:00-16:30	ANATOMY / PHILOSOPHY
16:45-18:30	WORKSHOP / AFTERNOON CLASSES
19:00	DINNER



Pranayama

Prana - breath, Yama - control - in accordance with the great yogis, breath equals to energy flow.

Every morning will begin with pranayama classes, where you will have the chance to get grounded, look inwards and set intention and energy for the day ahead.

You will practice your breath and gain conscious awareness of your body.

In this class you will learn and practice:

- *Yogic breathing*
- *Nadi Shodhana (alternate nostril breathing)*
- *Bhramari (humming bee breath)*
- *Ujjayi (the psychic or victorious breath)*
- *Bhastrika (bellows breath)*
- *Kapalbhati (frontal brain cleansing breath)*



Asana Analysis & Adjustment

Our approach to the traditional style of Vinyasa & Ashtanga, enhanced and refined with the newfound knowledge and information we are blessed to have learnt from years of exploration and practice. This class focuses on analysing and dissecting basic & advanced postures.

You'll learn the correct alignment based on the traditional approach and in line with body mechanics, understand how to offer hands-on adjustments and how to structure them in a Vinyasa class. The teachers will always be present in your practice, observing and providing feedback.

In this class you will learn:

- *Analysis of the 80 postures and more (arm balances, back-bends, and inversions)*
- *Modifications, other variations, and advanced variation of all postures*
- *How to use yoga props in your yoga practice*
- *Adjustment (physical & verbal) theory and hands-on practice*



Philosophy

We will travel back in time to India and dive deep into the origins of yoga and how it reached today's modern form. Focusing on philosophical concepts, you will learn how to adapt and apply them to our modern lives.

These lessons are held in a conversational format, which enables students to actively engage and explore meanings through their own vision and stories.

In this class you will learn and discuss:

- *History and meaning of yoga*
- *The eight-limb path of yoga according to Patanjali*
- *Prana, Vayus, Nadis, Chakras, Kundalini*
- *The Gunas, Doshas, Introduction to a yogic diet*
- *Mudras, Bandhas (energy locks) and Mantras*
- *The meaning of Om*
- *Lifestyle and ethics as a yoga practitioner and a teacher*





Anatomy

You will take a deep dive into the understanding of the human body in today's modern world, with a focus on the nervous, skeletal and muscular system. You will gain a deep understanding of how these systems work in harmony to create movement and gain the ability to articulate this through your yoga practice, teaching and everyday life.

This class is delivered in a conversational setting. Over the years, we have been able to master the delivery of complex concepts in a fun, interactive and intuitive way.

In this class you will learn and discuss:

- *Introduction to Anatomy and different body systems*
- *Analysis of the skeletal system & connective tissue, muscular system and the nervous system*
- *Movement analysis of all major joints and muscles and direct application to yoga practice & asanas*



Teaching Methodology

We believe that you begin teaching from the moment you enter our shala. We aim for the lessons to be confidence-building and progressive. You'll start with one-to-one lessons and gradually moving to bigger groups of students, eventually, you delivering a 30 minutes class to your fellow yogis. Through regular feedback by teachers and fellow students, you will have a chance to improve as you go along and about finding your unique voice and style as a teacher.

In this class you will learn and practice:

- *Yoga Union Vinyasa structure & principles*
- *Practice teaching & receiving feedback*
- *Observing others teaching & giving feedback*
- *Learn & practice hands-on adjustment*
- *Instruction, teaching styles, and qualities of a teacher*
- *Voice projection and floor presence*
- *Planning and structuring a class*
- *Dealing with injuries and safety precautions*



Restorative & Workshops

The afternoon classes will serve to introduce the students to various styles of yoga, in addition to core course specification. Alternating, you will take part in restorative practice and themed workshops.

RESTORATIVE

To compliment your morning dynamic Yang practice, the afternoons will focus on Yin practice. The classes will feature Yin yoga, Yoga Nidra, Restorative.

WORKSHOPS

Asana-related, these workshops will cover handstands, hip openers.



Requirements

YOGA PRACTICE: *The more comfortable you are as a yoga practitioner, the more you will be able to focus on the teaching and transformational aspects of your training.*

To take most out of the training we recommend a foundation in fundamental yoga postures.

ENGLISH: *We welcome all nationalities and languages, our material and lessons are delivered in clear and not over-complicated English. Please note all the classes are delivered in English and so is the exam.*

ATTENDANCE: *To ensure the success of the training, participants are required to attend all the classes and lectures.*

DAYS OFF: *Every week you will have a day off (usually Sundays) to relax and enjoy some free time.*





Yoga Life in Bali



Yoga Life in Bali

Yogic Diet

YogaUnion Bali 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 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.





The Shala

The shalas in Ubud—Fire, Earth, Air, and Water—each offer their own unique connection to Bali's natural beauty.

Fire, Earth, and Air Shalas are nestled amidst the iconic terraced rice fields, surrounded by lush green landscapes that stretch out in every direction. These shalas provide an elevated view of the countryside, creating a tranquil space for yoga, meditation, and reflection. The gentle breeze and the soothing sounds of the fields enhance the serenity and sense of connection with nature.

Water Shala, on the other hand, is tucked away by a tropical garden, forest, and a flowing river, offering a different kind of peaceful retreat. The sound of the river and the lush tropical flora create a calming, natural ambiance, making it an ideal spot for grounding practices and relaxation.

Each shala provides a distinct and inspiring environment, whether surrounded by rice fields or nestled by a forest and river, allowing for a deep connection to nature and an enriching yoga experience.



Things to do in Bali

From spiritual experience to snorkeling, Bali offers plenty activities in gorgeous natural settings.

If you want to feel the sensation of the real Bali We will be more than happy to help you organizing these activities during the training.

Fill your free time by scheduling activities with us such as:

Daily trips

Balinese Temple Visit and Ceremony

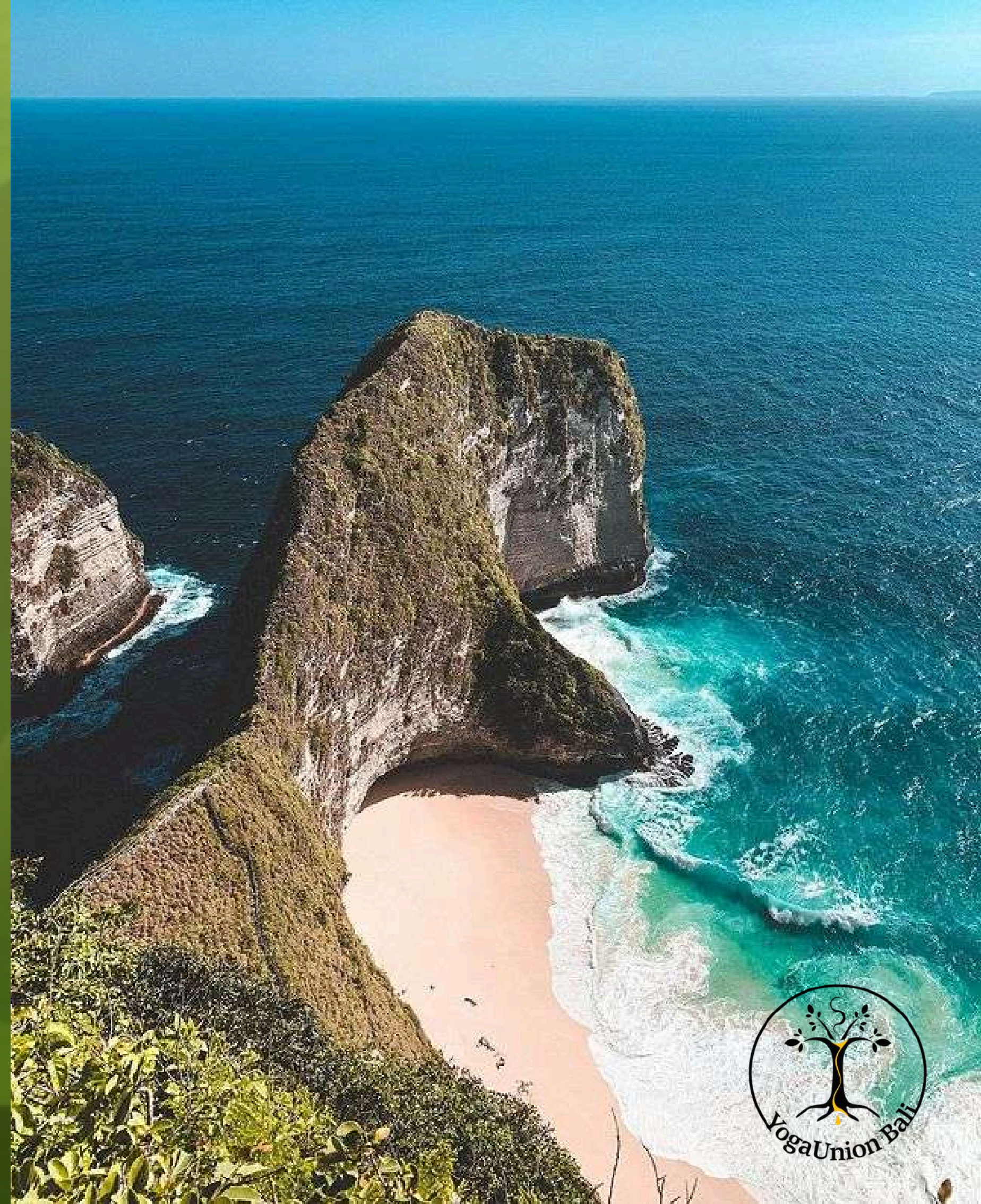
Snorkeling & Scuba Diving

Natural Landscape Trekking

Ecstatic Dance

Sound Healing

Historical Sites Exploration



Pass the Exam

STUDENT TEACHING

Delivering a 30 minutes Vinyasa flow class to your fellow yogis

Receiving constructive feedback from your head teacher.

Taking a 3 hour written exam focused on Asana analysis, Philosophy & Anatomy.



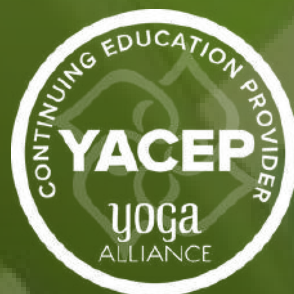
Diploma

Successful graduates of the course receive an internationally recognized certification by the Yoga Alliance.

We believe that whether one decides to teach or not after the training is of little importance.

This experience will allow you to grow and develop in a physical, mental and spiritual level.

It will be a journey inwards and a cornerstone in the ultimate quest is self-realization and self-love.

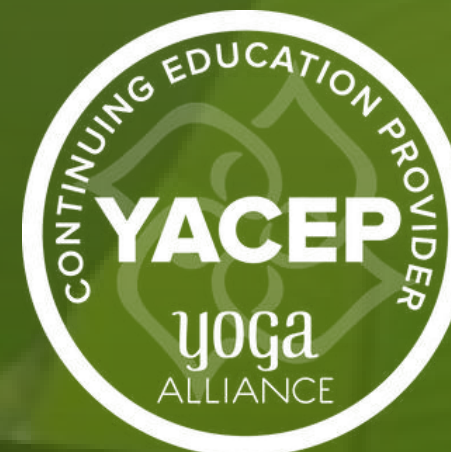


Yoga Alliance

Yoga Alliance is committed to fostering and supporting high-quality, safe, accessible, and inclusive yoga instruction worldwide.

At Yoga Union Bali, we adhere to the rigorous standards set by Yoga Alliance.

Upon completing your training, you will earn a globally recognized diploma, affirming your expertise and commitment to the practice of yoga.



Prices

from 1000€

100h to be completed online and 10 nights -
11 Days in Ubud Bali

No Accomodation		1000€
Double Room	from	1200€
Private Room		1350€

** Prices are listed in IDR & Euros (€). 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 **€390** deposit:

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!



*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



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