

FIND YOUR INNER SELF IN GREECE

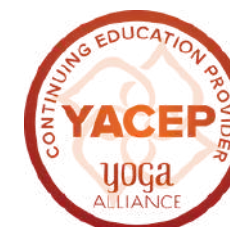
# HYBRID 200H

VINYASA YTTC

100h Online + 100h Mytikas, Greece



**TRANSFORMATIVE JOURNEY**



# 200H Vinyasa YTTC (100h Online + 100h Greece)

*Dear Yogi,*

*Come and walk on a Pathway to Inner Freedom: A Transformative Yoga Voyage on Greece's Timeless Shores.*

*Are you yearning to unite the practice of yoga with the captivating beauty of the coastal village of Greece?*

*Picture yourself exploring the stunning Mytikas, delving into its rich cultural heritage, and indulging in mouthwatering cuisine, all while being part of a supportive community of like-minded individuals.*

*Click the following links to see the dates*

[\*\*Bali\*\*](#)

[\*\*Greece\*\*](#)

[\*\*India\*\*](#)



# 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, 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**

# What's included

- Group Sizes: Up to 20-30 Students
- Yoga Style: Ashtanga/Vinyasa Mix
- Course Length: 100h to be completed online and 10 Days in Greece
- Food: Vegetarian, Plant-based
- Skill level: All Levels
- Certifications: 200 Hours RYT  
Certification: Yoga Alliance
- Location: Mytikas, Greece

[\(click here\)](#)

- 10 Days training (8 days of active training)
- Accommodation for 10 nights
- 3 meals a day
- Course material
- Yoga Alliance diploma



# 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 Philosophy, Anatomy 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 first 10 days**)
- 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 (no classes conducted on Sunday)
- Including check-in and check-out days, the onsite portion spans 10 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 10 days long, including check-in and check-out, with 8 days dedicated to active training (no classes conducted on Sunday)
- 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.

# 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 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.

# 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.*

08:00-9:00	PRANAYAMA
9:00-10:00	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, backbends, 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.*







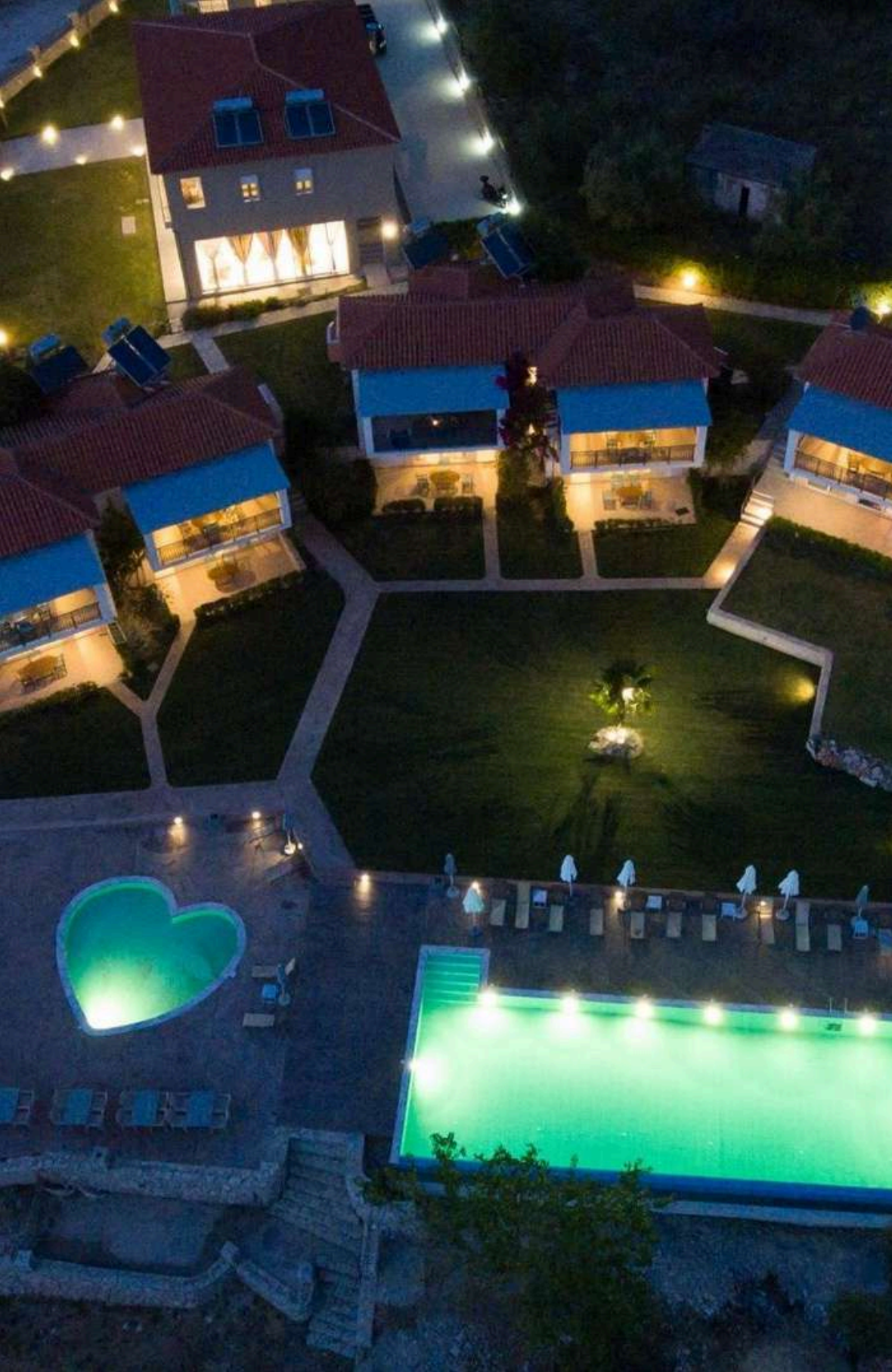
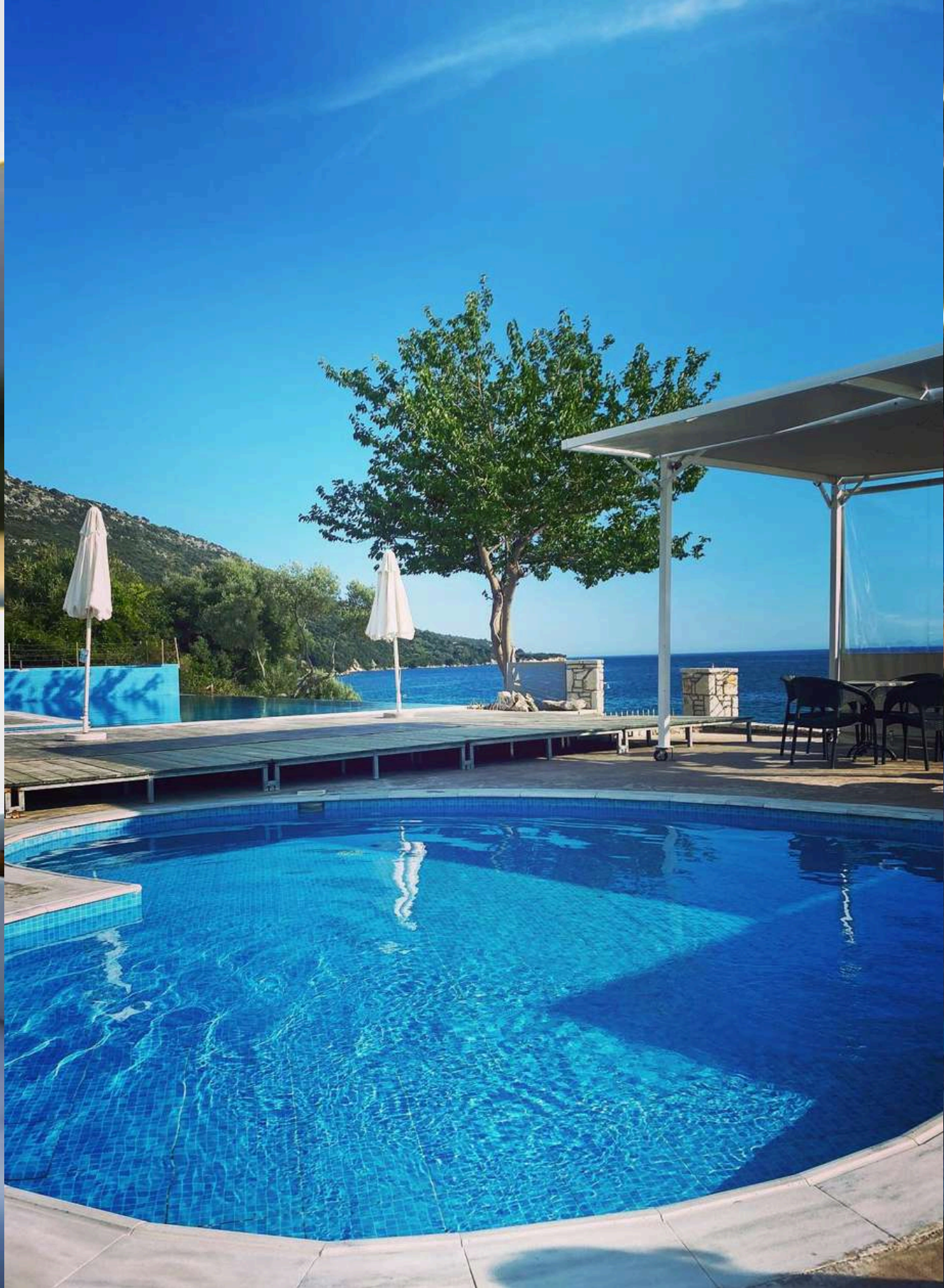
***Yoga Life in Mytikas***







# *Yoga Life in Mytikas*



***Yoga Life in Mytikas***

# Yogic Diet

*YogaUnion Greece has partnered with Thesmos Village Hotel 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 Greece 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.*



# Thesmos Village Hotel

*Welcome to Thesmos Village Hotel, your ideal retreat for the upcoming training! Situated in the tranquil coastal area of Mytikas, Greece, Thesmos Village Hotel offers the perfect combination of comfort and natural beauty, just 35km from Aktion Airport (PVK).*

*Our well-equipped accommodations feature modern conveniences, including air conditioning, complimentary WiFi, and a balcony or terrace overlooking breathtaking views. Relax and recharge in our inviting swimming pool or explore the spacious gardens surrounded by the serene landscape of the Ionian coastline.*

*Experience rejuvenation at our yoga shala, where the peaceful ambiance and stunning sea views set the tone for your practice. Savor delicious Greek and international dishes at our on-site restaurant or enjoy refreshing drinks at our cozy bar.*

*Perfect for soaking up the sun or finding peace in meditation while listening to the gentle waves. Thesmos Village Hotel is more than a place to stay; it's your sanctuary for a truly transformative experience.*



# Mytikas, Greece

*Mytikas, nestled along the Ionian Sea, is a picturesque village that offers a peaceful escape into traditional Greek life. Known for its stunning coastline, the village boasts clear turquoise waters, uncrowded beaches, and a serene atmosphere perfect for relaxation and reflection. Whether you enjoy a tranquil swim or a quiet walk along the shore, the natural beauty of Mytikas is truly enchanting.*

*The charm of Mytikas extends into its village streets, where you'll find cozy tavernas serving authentic Greek dishes made from fresh, local ingredients. Enjoy the simplicity of life as you wander past whitewashed houses adorned with vibrant bougainvillea, reflecting the timeless character of this hidden gem.*

*Surrounded by lush greenery and rolling hills, Mytikas is also a gateway to nature adventures. Hike scenic trails or take in breathtaking views from higher elevations. For those seeking both cultural richness and natural splendor, Mytikas delivers a perfect balance of tranquility and beauty—a destination where time slows down, and life feels refreshingly simple.*





# Things to do in Mytikas

From cooking classes to snorkeling, Greece offers plenty activities in gorgeous natural settings. 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
- Sailing
- Snorkeling & Scuba Diving
- Natural Landscape Trekking
- Thermal Springs
- Cooking Class





# 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 2 hour written exam focused on Asana analysis, Philosophy & Anatomy.*



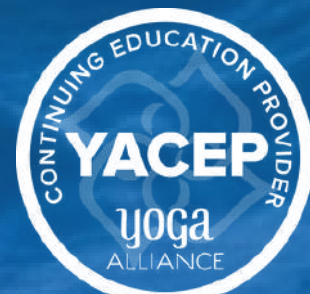
# Diploma

*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.*

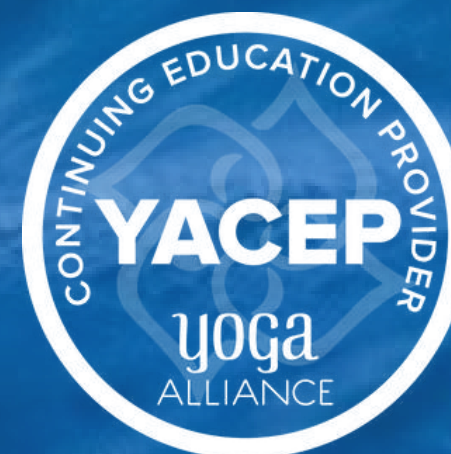


# Yoga Alliance

*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.*



# Pricing

100h to be completed online and 10 days in Mytikas, Greece

Early Bird!

Triple Room	<del>1600€</del>	1400€
Double Room	<del>1800€</del>	1600€
Private Room	<del>2100€</del>	1800€

\*\* Prices are listed in Euros (€). You may transfer the deposit to the bank account details in the separate attachment. 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**.*

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

*[click here to book from the website](#)*

**BOOK  
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**   **India**



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