

FIND YOUR INNER SELF IN GREECE - MYTIKAS

YOGA 200H YTTC

Join our course and get certified in the land of ancient history



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TRANSFORMATIVE JOURNEY



200H Vinyasa - Ashtanga

YogaUnion Greece

Dear Yogi,

*Are you ready to elevate your practice and step into your full potential — on and off the mat? Whether you feel called to **become a certified yoga teacher** or **simply want to take your personal and spiritual growth to the next level**, this training is for you.*

*Join us for a life-changing journey where you'll deepen your practice, expand your awareness, and learn to lead — with **confidence, clarity, and heart**.*

This is more than just a yoga training. It's a powerful experience of transformation, self-discovery, and connection — physically, mentally, and spiritually.

***Come grow, evolve, and step into your purpose.**
We're here to guide and support you every step of the way.*

Bali

Greece



Our Mission

At YogaUnionBali, we don't just practice yoga — we live it.

We rise, fall, sweat, and shine — together. On our mats, we explore who we are, and who we're becoming. We laugh until our cheeks hurt. We cry and release. We grow wild and brave.

Every breath is a breakthrough. Every class is a journey. We're not afraid to break open — because that's where the magic begins.

Here, you're never alone. You'll find your people, your support, your circle.

We lift each other. We embrace the unknown. We chase transformation. This is more than yoga. This is a movement. A bond. A tribe.

This is YogaUnion — where you find yourself, and your forever family.



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 Size: 20-30 students*
- *Yoga Style: Blend of Ashtanga and Vinyasa*
- *Duration: 23 nights (23 days)*
- *Cuisine: Vegetarian, plant-based*
- *Skill Level: Open to all levels*
- *Certification: 200-hour RYT certification with Yoga Alliance*
- *Location: Mytikas, Greece - [YogaUnion](#) (click here)*

- *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*



The Course

Born from thousands of hours of global experience, YogaUnionBali's 200hr Teacher Training isn't just a certification — it's a transformative journey to the heart of who you are.

Crafted to challenge, inspire, and empower you, this training invites growth on every level — not just as a yoga teacher, but as a human being, a seeker, and a soul in motion.

You'll dive deep into Vinyasa and Ashtanga Yoga, with a strong focus on breath-led movement — learning how to flow with strength, intention, and grace.

Every part of this experience has been intentionally designed to awaken your inner power, build lasting confidence, and connect you with a global community that lifts you up — on and off the mat.



You Can Expect

- *Dynamic Yoga Style: A powerful fusion of Vinyasa & Ashtanga, rooted in breath, movement, and mindful flow*
- *Inclusive for All Levels: Whether you're just beginning or deepening your path, you'll feel supported and challenged*
- *Immersive Ubud Experience: Practice in the heart of Bali's spiritual center, surrounded by jungle, nature, and peace*
- *23 Days of Connection & Growth: Comfortable, serene accommodation included*
- *Plant-Based Nourishment: Enjoy three daily meals of wholesome vegetarian and vegan cuisine, crafted to fuel your body and support a conscious lifestyle.*
- *200 Hours of In-Person Training: Dive deep with certified, hands-on instruction, guidance, and mentorship*

Please be aware that during the final week of your training, you will conduct a 30-minute teaching practicum in front of your fellow yogis. Likewise, you will also participate as a student while your peers lead their sessions.

Please note that once you have entered the third week of the course, it is no longer possible to switch to the hybrid format.

08:00-9:00	PRANAYAMA
9:00-10:30	VINYASA
10:30-11:30	BREAKFAST
11:30-13:30	ALIGNMENT
13:30-15:00	LUNCH
15:00-16:30	ANATOMY / PHILOSOPHY
16:45-18:30	WORKSHOP / AFTERNOON CLASSES
19:00	DINNER



Pranayama

Each morning begins with a **quiet, powerful ritual Pranayama**, the art of **conscious breathing**.

“**Prana**” means **life force**, and “**Yama**” means **control** .

Together, they guide us to **connect deeply** with our **energy** and **inner calm**. In this **peaceful hour**, you’ll **ground yourself, tune inwards**, and gently **set the tone** for your day with **intention** and **presence**.

Through **guided breathwork**, you’ll **awaken your body, calm your mind**, and feel more **in flow**.

You’ll be introduced to a variety of **beautiful breathing techniques**, including:

- **Yogic Breathing** – full, mindful breath to create **balance**
- **Nadi Shodhana** - alternate nostril breathing to restore **inner harmony**
- **Bhramari** - soft humming breath to **soothe** and **calm the nervous system**
- **Ujjayi** - oceanic breath to build **focus** and **warmth**
- **Bhastrika** - energizing breath to **awaken your inner fire**
- **Kapalbhati** - cleansing breath to **refresh** and **revitalize**

This class is a gentle reminder: your **breath is your power**, and learning to **move with it** will **change the way you experience everything** — on and off the mat.



Asana Analysis

Alignment : *This class provides the essential foundation for becoming a skilled, confident, and compassionate yoga teacher.*

This is where your understanding of yoga truly deepens. In this hands-on class, we break down both basic and advanced postures to help you move with confidence, safety, and precision — whether for your own practice or as a future teacher.

We explore alignment from both traditional yogic roots and modern body mechanics, so you can learn how each pose works best for different bodies.

You'll also discover how to offer verbal cues and hands-on adjustments that are clear, supportive, and empowering.

Your teachers are by your side every step of the way — guiding, observing, and offering personalized feedback to help you grow.

In this class, you'll learn how to:

- *Understand and align over 80+ yoga poses, including arm balances, backbends, and inversions*
- *Offer modifications and advanced variations for all levels*
- *Practice safe, effective verbal and physical adjustments*
- *Build the confidence to structure and guide your own Vinyasa classes*



Asana Adjustment

Verbal & Physical Adjustments in Yoga :

Verbal adjustments are spoken cues that guide students into better alignment, deeper breath, or more body awareness — without any physical touch. These include reminders like “draw your shoulders back” or “press into your heels.”

Physical adjustments are hands-on guidance, done with consent, to help students feel more stable, aligned, or supported in a pose. This can involve gently lengthening the spine, grounding the hips, or assisting a stretch.

Both types of adjustments help students:

- *Improve alignment*
- *Stay safe*
- *Deepen their practice*

In your training, you’ll learn how to give clear, confident cues and safe, respectful hands-on support.



Philosophy

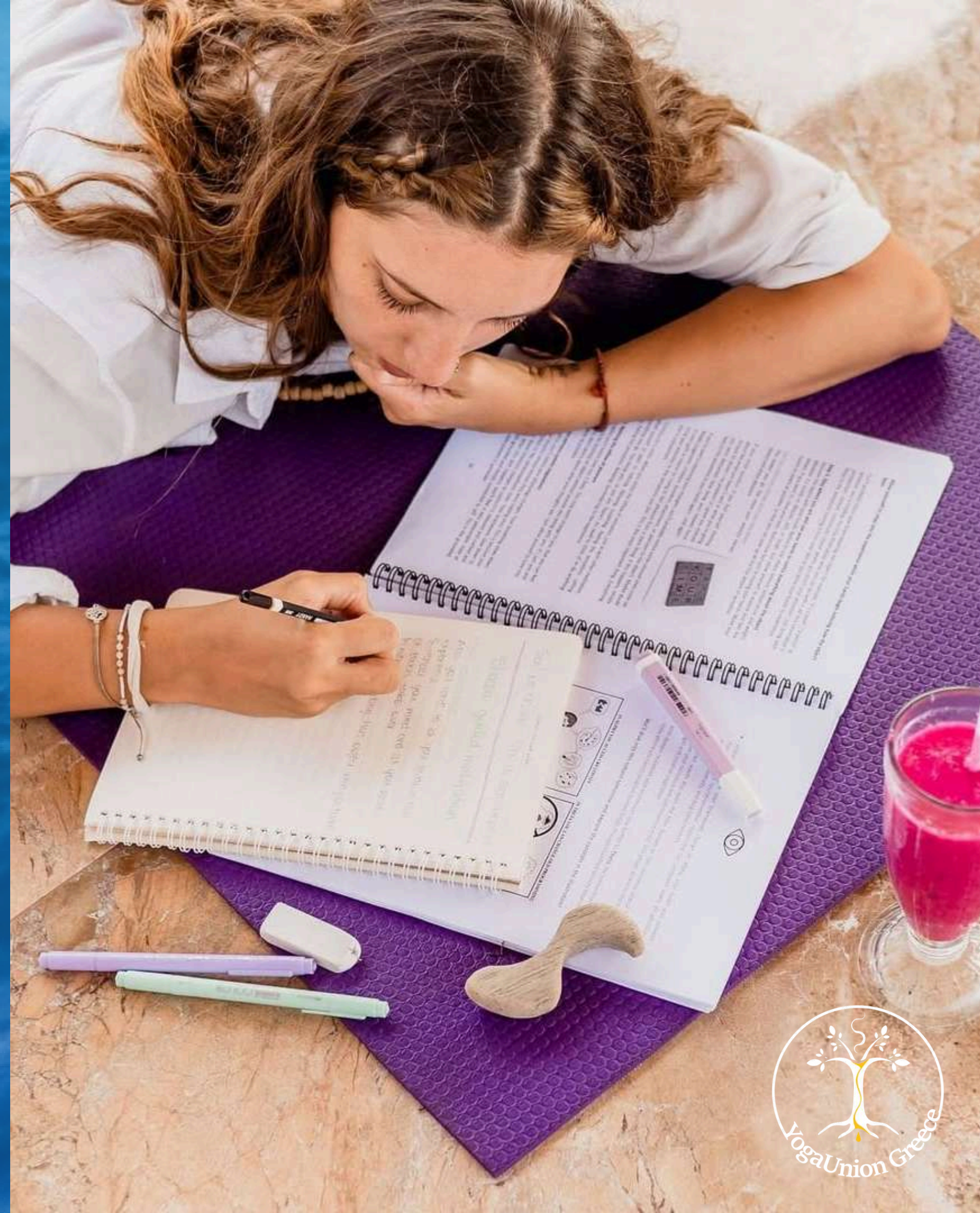
Philosophy: The Heart & History of Yoga

Together, we'll journey back to yoga's roots in India and explore the wisdom, values, and traditions that shaped it into what we practice today.

Taught through open conversations and shared insights, these sessions help you connect yoga's ancient teachings with your modern life.

You'll explore:

- *The true meaning and origin of yoga*
- *The Eight Limbs of Yoga and how they guide your life*
- *Energy systems: chakras, prana, nadis, and kundalini*
- *The basics of yogic lifestyle, diet, mantras, mudras, and more*
- *How to live yoga off the mat — with ethics, awareness, and love*
- *Prana, Vayus, Nadis, Chakras, Kundalini*
- *The Gunas, Doshas, Introduction to a yogic diet*
- *Mudras, Bandhas (energy locks) and Mantras*
- *The meaning of Om*



An anatomical model of a human skull and spine, showing the cervical vertebrae and the base of the skull. The model is white and detailed, with metal pins holding it together. The background is a blue, wavy texture.

Anatomy

Anatomy: Learn Your Body, Move Smarter

You'll discover how the **body moves and functions** — focusing on the **nervous, skeletal, and muscular systems**.

We'll explore how everything works together to **support your yoga practice and daily life**.

These sessions are **interactive, fun, and easy to follow**, no science background needed!

You'll learn about:

- **How your body is built** and how it moves
- **Key muscles, joints**, and how to **keep them safe in yoga**
- How to **apply this knowledge** to **improve your own practice** and help others



Teaching Methodology

Find Your Voice, Share Your Practice

At **YogaUnionBali**, we believe you **start becoming a teacher** the moment you step into the shala. Our **teaching methodology** is designed to be **supportive, confidence-building, and step-by-step** — helping you **grow at your own pace**.

You'll begin by **practicing one-on-one**, then gradually **teach in small groups**, and eventually **lead full classes**.

Along the way, you'll receive **regular feedback** from your **teachers and peers** to help you **grow, refine your skills, and discover your authentic teaching voice**.

In this class, you'll learn and practice:

- How to **structure a YogaUnion-style Vinyasa class**
- **Practice teaching and giving/receiving helpful feedback**
- How to **observe and learn from others**
- **Hands-on adjustments**: how and when to apply them safely
- Different **teaching styles, communication tools**, and what makes a **great teacher**
- How to use your **voice and body language with confidence**
- **Planning and structuring a class** for all levels
- How to handle **injuries, modifications**, and ensure **safety** in your classes

This is where your **journey as a yoga teacher** truly begins — with **guidance, practice, and the space to grow into your full potential**.





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: Play, Explore & Awaken Your Spirit

*On alternate days, you'll join **themed workshops** that bring **fun, challenge, and deep connection**. These include:*

- ***Asana-focused labs: handstands, hip openers, flexibility and strength training***
- ***Creative movement: partner yoga, ecstatic dance***
- ***Sacred experiences: cacao ceremony, bhakti (devotional singing), eye gazing and heart-opening rituals***

*These afternoons are where you get to **play, rest, and explore** the heart of **yoga** in all its forms — **physical, emotional, and spiritual**.*



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.



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.





Yoga Life in Mytikas



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 daily boat trips to snorkeling or Trekking, 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*





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.



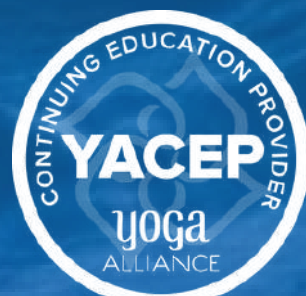
Diploma

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.

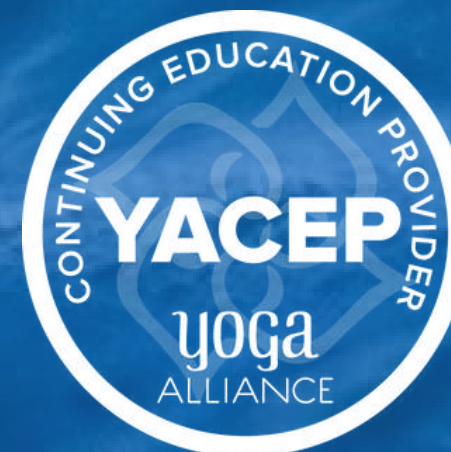


Yoga Alliance

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.



Pricing

200h - 22 nights (23 days) in Mytikas, Greece

Triple Room	2100€
Double Room	2500€
Private Room	2900€

** 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 **€500** deposit:

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnion Bali.

**Please note that the price does not include the accommodation tax of €5 per room, per night, which must be paid directly at the hotel reception.



How To Book Your Spot

*Please transfer your deposit amount through online banking to the bank account that you will find in the **separate attachment**:*

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

*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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