

BALI 200H YTTC

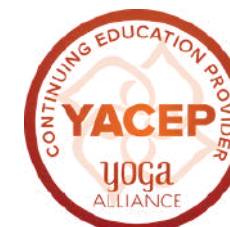
FIND YOUR INNER SELF IN UBUD, BALI

Join our 200-Hour Vinyasa YTTC and get
certified in the island of gods Bali



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TRANSFORMATIVE JOURNEY





Dear Yogi,

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

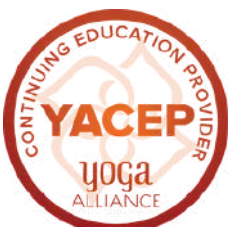
*To **leave behind** your previous life, open your **mind** to new **possibilities**?*

*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, 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

- *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: 23 days*
- *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 beautiful shalas in Ubud are set in stunning natural surroundings—Fire, Earth, and Air Shalas are nestled in a serene rice field neighborhood, while Water Shala is located in the heart of Ubud, surrounded by lush forest and a flowing river. Each shala has its own unique charm, offering an immersive experience in nature. **Shala assignments are subject to availability - each one has a different capacity.***

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



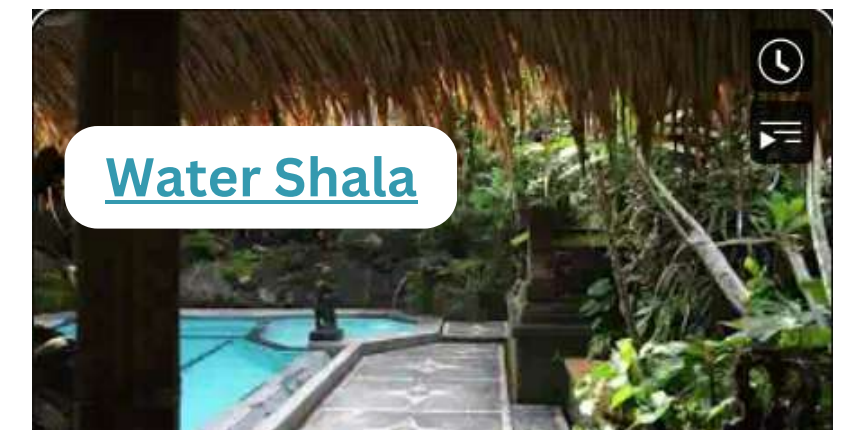
[Fire Shala](#)



[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.

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.

07:00-8:00	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

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 transition to the hybrid format.



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.*



Prices

from 1800€

200h - 22 nights (23 days) in Ubud, Bali

No Accommodation	1800€
Double Room	2100€
Privater Room	2450€
Superior Room	From 2600€

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

In order to secure your place we require the below deposit:

€259 - no accomodation or double room

€308 - private room

€350 - Deluxe room

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**.*

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

Refund Policy

At YogaUnion Bali, we are committed to ensuring transparency in our policies while supporting the planning of your yoga journey. Below is our refund policy:

1. Deposit Payments

- All deposits are non-refundable.
- However, deposits are fully transferable and can be applied to any future training with YogaUnion Bali.

2. Remaining Balance

- The remaining balance, once paid, is also non-refundable. This is due to advance payments made for accommodation, teacher arrangements, and meal preparation.

3. Rescheduling Policy

- If you are unable to attend your scheduled training, your deposit and remaining balance can be transferred to a different training date or program. There is no time limit for rescheduling, allowing you the flexibility to choose a future training that suits your plans.
- Requests for rescheduling must be made in writing and are subject to availability.

We understand that plans may change, and we are happy to help you find a solution that works best for you. For any questions or clarifications, please don't hesitate to contact us.

Accommodation

Our collaborative accommodations, including guesthouses, homestays, are situated in a charming neighborhood surrounded by scenic rice fields. While our shala, restaurant, and accommodations are located nearby, they are not on the same property. The serene setting is easily accessible by foot or motorbike and is just minutes away from the vibrant center of Ubud.

If you require transportation services or wish to request extra nights, please contact our associate, **Mr. Gusti** (contact details will be shared after we receive your deposit).

Extra Nights:

Additional nights are available at a charge of **25 EUR** per night (without meals).

Please note that extra nights will be arranged in nearby accommodations, as they will not be in the same location as your training.

Transportation:

The cost for transport from the airport to our venue is **IDR 500,000**, payable directly to the driver.

High Season Note:

For extra nights during the high season (**July–August**), we strongly recommend booking well in advance, as accommodations tend to fill up quickly, and it can be challenging to secure rooms at the last minute.

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.



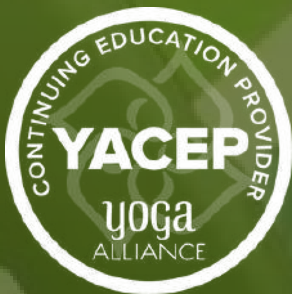
Diploma

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.

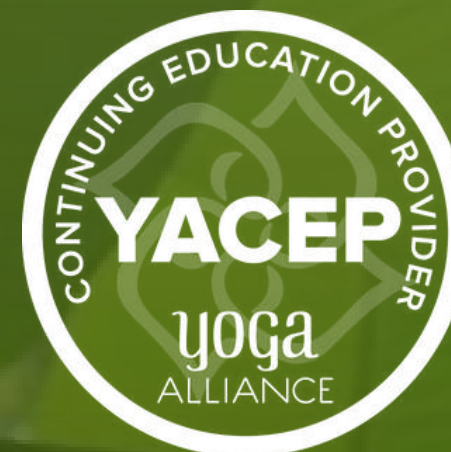


Yoga Alliance

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.



Ubud, BALI

Nestled in the heart of Bali, Ubud invites you to immerse yourself in a serene and traditional way of life. Its beauty not only holds cultural and historical significance but also showcases an extraordinary natural landscape.

We highly recommend this enchanting location to those seeking the allure of Bali's simple and authentic lifestyle.

Situated in a stunning, lush rural area, you'll discover a harmonious blend of tranquility along with convenient access to various cafes, restaurants, pool bars, and numerous tourist attractions. The journey to the Yoga Shala is adorned with the opportunity to indulge in exotic fruits. Additionally, a short drive away opens doors to explore some of the island's most exquisite beaches. Ubud truly offers a unique and immersive experience.



The Rice Fields

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.*





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.



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

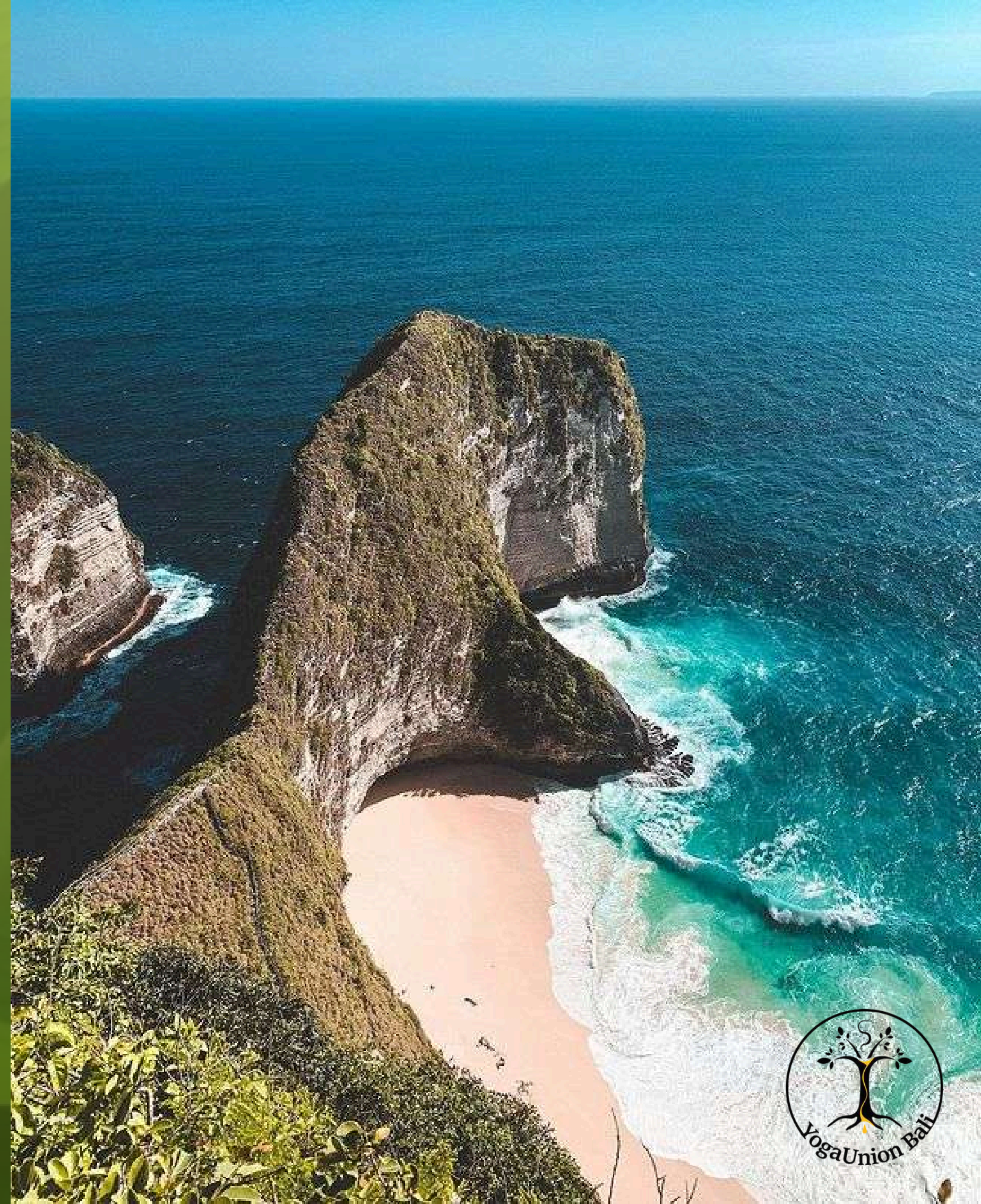
Snorkeling & Scuba Diving

Natural Landscape Trekking

Ecstatic Dance

Sound Healing

Historical Sites Exploration



*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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