

# *50-Hour Teaching Skills Purpose into Practice*


*Bridge the gap between your 200-hour training and confident, real-world teaching with clarity, support, and direction.*

***Bali - Greece***

 [@yogaunionbali](https://www.instagram.com/yogaunionbali)

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# Meet Niko Kisic

Niko, originally from Peru, transitioned from a corporate career to teaching Vinyasa Yoga after a decade in competitive rowing. With over 1,000 hours of yoga trainings, he specializes in Alignment and applied philosophy, offering classes that inspire self-discovery, empowerment, and authentic life balance.





We know how incredible it feels to complete your 200-hour training—but also how overwhelming it can be to figure out what comes next. With so many options and the pressure of stepping into teaching, it's completely normal to feel unsure. That's exactly why we created this course.

This 50-hour training acts as a bridge between your foundational YTT and the start of your yoga teaching journey—giving you clarity, tools, and confidence to move forward with purpose.

**This course is for you if you want to:**

- Develop your teaching skills to both challenge and support your students, creating space for real inner transformation
- Refine your sequencing skills to build empowering, meaningful classes
- Start shaping your own yoga-based business
- Learn healthy teaching practices beyond the mat—so you can foster respectful relationships, create a strong community and expand your offerings beyond regular classes



# THE COURSE

## What You'll Learn

### Teaching Skills (18 hours)

- Develop yourself as a confident and impactful teacher. You'll explore how to use your voice, knowledge, presence, and communication style to create powerful class experiences. Learn to lead with intention and create an environment that supports student's growth and transformation.

### Theming Classes (6 hours)

- Discover how to craft meaningful and relevant class themes. You'll explore key elements that inspire transformation, and we'll brainstorm together how to integrate them in a way that feels authentic and impactful.

### Sequencing Principles (3 hours)

- Learn the fundamentals of linking postures safely and creatively. These principles will help you design sequences that flow smoothly, feel good in the body, and resonate with your students.

### The Business of Yoga (4 hours)

- Bring your ideas to life with a guided process for developing your own yoga-based business project. You'll define your ideal student, clarify your message, choose effective marketing channels, and explore content strategies to grow your impact.

### Vinyasa & Other Styles Classes (12 hours)

- Take part in inspiring classes led by experienced teachers. As you explore different styles, you'll gain insights into the "why" behind sequencing choices and class structure—helping you elevate your own teaching.

### Evaluations (6 hours)

- Put everything into practice by teaching a short class that reflects your growth and new skills. This is your opportunity to receive supportive feedback and celebrate how far you've come.



## Course Snapshot:

**Group Sizes:** 15 - 25 Students

Yoga Style: Vinyasa Mix Yoga

**Course Length:** 6 Days

Skill level: All Levels

**Certifications:** YACEP by Yoga Alliance

**Location:** Ubud, Bali

## What's Included?

Meals & Accommodation

Tuition fees

Course material

Yoga Alliance diploma



# WHAT TO EXPECT

Step into 5 transformative days of yogic exploration where practice meets purpose.

- 🌞 Morning Practice

Begin each day with grounding Pranayama and Vinyasa Yoga to set a clear, calm tone for learning.

- 🍽️ Nourishing Breakfast

Enjoy healthy meals that support your energy, focus, and overall well-being.

- 🗣️ Interactive Learning & Group Dialogue

Engage in dynamic sessions on yogic worldview, theming, sequencing, ethics, and business foundations through collaborative discussion and self-inquiry.

- 🍲 Lunch & Integration Time

Take time to rest, digest insights, and connect with your peers.

- 🧠 Afternoon Workshops

Expand your skills with hands-on exercises in storytelling, applied philosophy, teaching techniques, and project brainstorming.

- 🧘 Evening Practices

Wind down with meditation, journaling, or gentle movement to integrate the day's learning and reconnect with your inner stillness.

This mentorship is your next step if you're ready to refine your craft, reconnect with your "why," and step forward as a teacher — with clarity, authenticity, and a stronger foundation to support your students and your dreams.





# DAILY SCHEDULE EXAMPLE

06:30-9:00	PRANAYAMA & MEDITATION
09.00-10.30	BREAKFAST
10.45-13.15	ALIGNMENT / ASANA
13.30-14.45	LUNCH
15.00-17:00	SHARING & DISCUSSION
17:15-18:00	AFTERNOON CLASS / OTHERS
18.00	DINNER

# REQUIREMENTS

- ✓ This training is specifically designed for those who have completed a 200-hour YTT and wish to refine their teaching skills, deepen their confidence, and step more fully into their role as a yoga teacher.
- ✓ English Language – We warmly welcome participants from all backgrounds and nationalities. All sessions are conducted in clear, accessible English—so a basic conversational level is needed to fully engage with lectures, discussions, and group sharing.
- ✓ Full Participation – To receive your certification and make the most of this immersive journey, full attendance is required across all classes, discussions, and group activities. Every session is a valuable part of the experience.





# UBUD, BALI

Nestled in the heart of Bali, Ubud stands as a captivating hub of cultural richness and natural splendor. This serene town is a haven for those seeking an authentic and enriching experience. Known for its lush landscapes, traditional arts, and vibrant spirituality, Ubud beckons travelers from across the globe to immerse themselves in its tranquil ambiance.

Surrounded by terraced rice fields, dense rainforests, and sacred temples, Ubud offers a sanctuary for introspection and exploration. It has evolved into a thriving center for wellness and holistic living, where ancient traditions harmoniously blend with modern pursuits. Whether indulging in Balinese cuisine, discovering local craftsmanship, or partaking in yoga amidst the captivating scenery, Ubud promises an enchanting escape that rejuvenates the mind, body, and soul.



# YOGIC DIET

At YogaUnionBali, we prioritize optimal nutrition for our valued participants, forging a partnership with a local restaurant in Ubud. Rooted in the principles of holistic well-being, our students will embrace a nourishing yogic diet, centered around vibrant and wholesome plant-based vegetarian cuisine.

Our local restaurant in Ubud is home to a team of skilled Health Food Chefs, dedicated to curating an unforgettable culinary journey during your stay. Drawing inspiration from Bali's finest offerings, they skillfully blend local, organic ingredients, vibrant tropical fruits, and nutrient-rich superfoods. This culinary fusion seamlessly marries the essence of the Balinese diet with the principles of the Yogic diet, resulting in a symphony of flavors that embody Ubud's unique essence. Prepare to embark on a gastronomic adventure that will linger in your memory and beckon you back to Ubud time and again.






# THE RICE FIELDS


## The Rice Fields Experience

Step into serenity and immerse yourself in the authentic Ubudian way of life. Our training takes place amidst the luscious rice fields of Ubud—where every sunrise greets you with birdsong, and every breeze whispers through swaying palms. This peaceful setting offers the perfect environment for self-reflection, learning, and spiritual deepening.

Your accommodation, yoga shala, and on-site restaurant are all tucked away in nature's embrace, creating a sense of simplicity, presence, and connection to the Earth. Here, time slows down—and so can you.

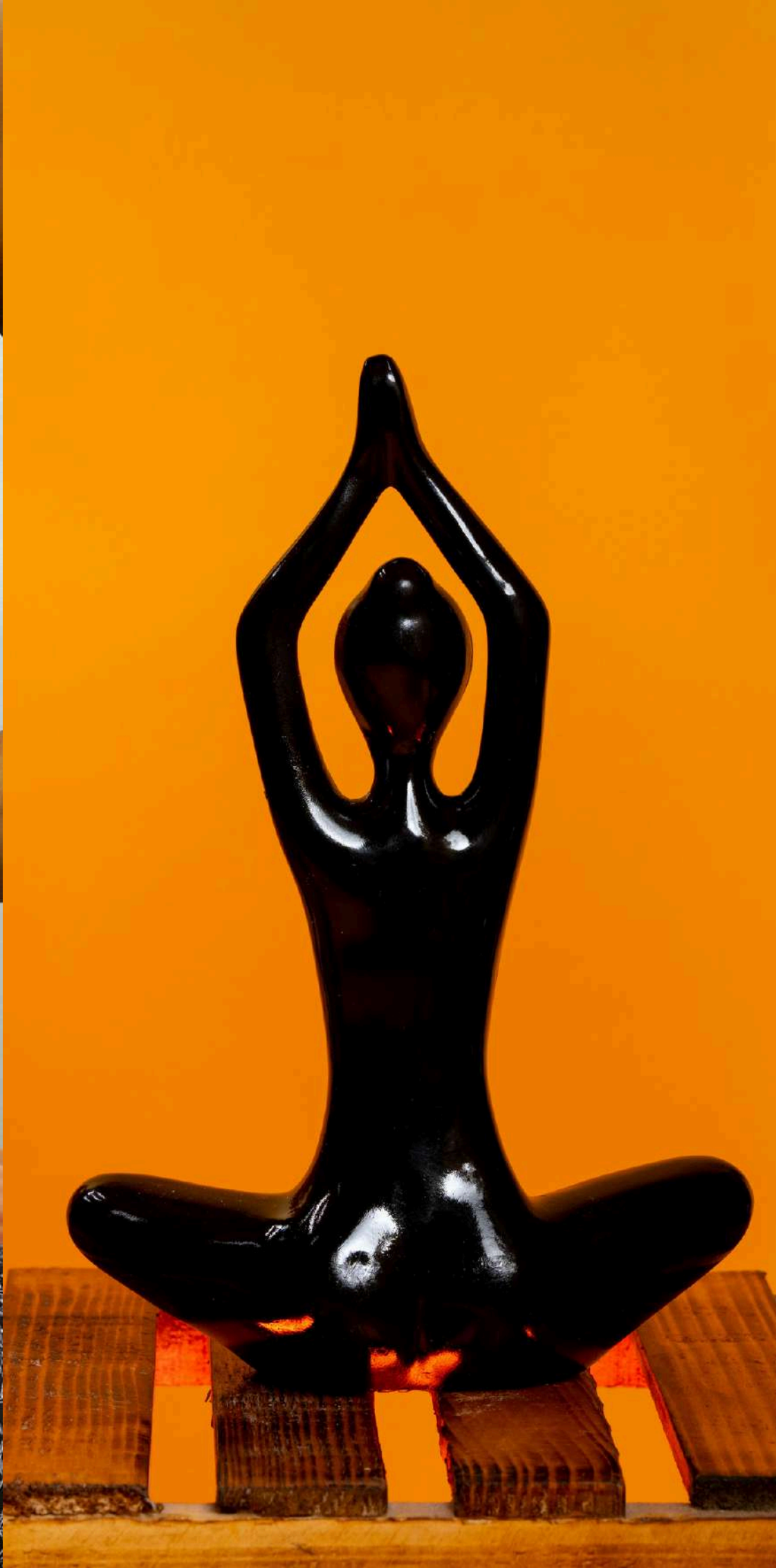
### **Please note:**

 The rice field paths are not accessible by car, which means your journey to and from the shala will be on foot, by motorbike, or bicycle—adding to the feeling of living in harmony with nature.

 We collaborate with multiple local homestays, carefully chosen for comfort and charm. Rooms are allocated on a first-come, first-served basis and are all of a similar standard, offering cozy simplicity and warm Balinese hospitality.

Whether you're walking barefoot to class or enjoying your morning tea to the sound of crickets, this is more than a location—it's an invitation to reconnect with yourself, one step at a time.





# Prices

50h - 7days - Ubud Bali

No Accommodation	€670
Double Room	€790
Private Room	€890
Deluxe Room	€950

\*\* 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:

€200 - No accomodation or shared double room

€300 - 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** 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](mailto: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.

Our Curriculum in more detail:





## Teaching Skills (18 hours)

Step into your role as a teacher by learning how to create truly memorable and transformative class experiences. In this section, we dive deep into the art of using your voice with confidence, setting the right emotional and physical environment, communicating clearly, and embodying the presence of a leader. You'll also explore how to hold safe and empowering spaces that allow students' personal growth and healing to unfold naturally.



## Theming Classes (6 hours)

A well-crafted theme can turn an ordinary yoga class into a profound journey. Here, you'll learn how to build meaningful, inspiring, and relevant class themes that connect with your students on a deeper level. We'll explore different storytelling techniques, the emotional elements that help cultivate a safe atmosphere for inner work, and how to align your themes with the physical, mental, and energetic needs of your students.





## Sequencing Principles (3 hours)

Discover the intelligent art behind pose connection and flow creation. In this module, we break down how to structure your classes so each movement feels purposeful and safe. You'll learn key sequencing concepts that support student progression, safety, and energetic balance, ensuring that your classes offer both challenge and nourishment — whether for beginners or experienced practitioners.



## Business of Yoga (4 hours)

If you dream of bringing yoga into the world sustainably, this is where it starts. We'll guide you through creating your own yoga-based business project, from identifying your ideal students (buyer persona) to understanding their needs and pains. You'll map out offerings that serve authentically, choose the best marketing channels, and brainstorm content ideas that will help your vision thrive without losing the heart of yoga.





## Vinyasa and Other Styles Classes (12 hours)

Learn directly from experienced senior teachers through a series of rich, inspiring yoga classes. Each class will not only challenge and uplift you but also break down why specific sequences, themes, and styles work. You'll gain practical insights on how to weave creativity, intelligence, and emotional resonance into your own teaching — making your future classes powerful, thoughtful, and unforgettable.



## Evaluations (6 hours)

Growth comes through practice and feedback. In this final module, you'll be invited to teach a short class that integrates everything you've learned — from theming to sequencing to presence. You'll receive supportive, detailed feedback to help you refine your teaching skills even further, strengthen your confidence, and clarify your next steps as a yoga teacher ready to make an impact.



## COMPLETION

By the end of the 50-hour Teaching Skills Training, you'll have gained a deep understanding of how to create Vinyasa yoga sequences and intelligent teaching tools. The course also includes practice and a section where you will learn the basics of business of yoga.

### **Certification:**

Upon successful completion, you will receive a Yoga Union certification, recognized internationally, demonstrating your knowledge in Teaching Skills.

### **Written Assessment:**

The course includes a practical exam where you will demonstrate how to integrate the knowledge you've gained into your classes.

### **What You'll Take Away:**

This training provides you with proven teaching skills that will help you to upgrade your Vinyasa classes. You'll leave with a deeper understanding of how to create smart sequences, how to craft inspiring yoga classes and how to approach your students in a way that challenges and inspires them.

We look forward to guiding you on this transformative journey!  
— The Yoga Union Team



*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 our yoga family  
The YogaUnionBali Family*

*Bali - Greece*

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