YOGAUNION

BALI HYBRID 200H YTTC

100h Online + 100h Ubud, Bali

YogaUnion Bali

YOGAUNION BALI

200H

HYBRID

100H ONLINE + 100H ONSITE

Dear Yogi,

Are you **yearning to combine yoga** with **adventure and freedom**—both in **Bali** and from the **comfort of your home**?

This **hybrid training** blends immersive, in-person learning on the **Island of Gods** with the **flexibility** to continue your journey **anywhere, at your own pace.**

Explore **Bali's beauty**, connect with a **like-minded community**, and deepen your practice on your own terms.

www.yogaunionbali.com

YOGAUNION BALI

OUR MISSION

At **YogaUnion Bali**, we challenge the norm and go beyond 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.**

YOGAUNION BALI

OUR 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 rooted in Ashtanga Yoga**, emphasizing a strong Asana practice.

**Many of our students share that the full onsite course is a truly life-changing and deeply immersive experience. If you feel called to dive deeper into your journey, you are warmly welcome to extend to the full version of the course—whether from before or midway through your training—by simply paying the difference.*

YOGAUNION BALI

OUR FOCUS

- 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**
- **Flexible online access**: complete 100 hours at your own pace within 6 months after joining the 100 hours onsite in Bali

DAILY SCHEDULE

WHAT 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.

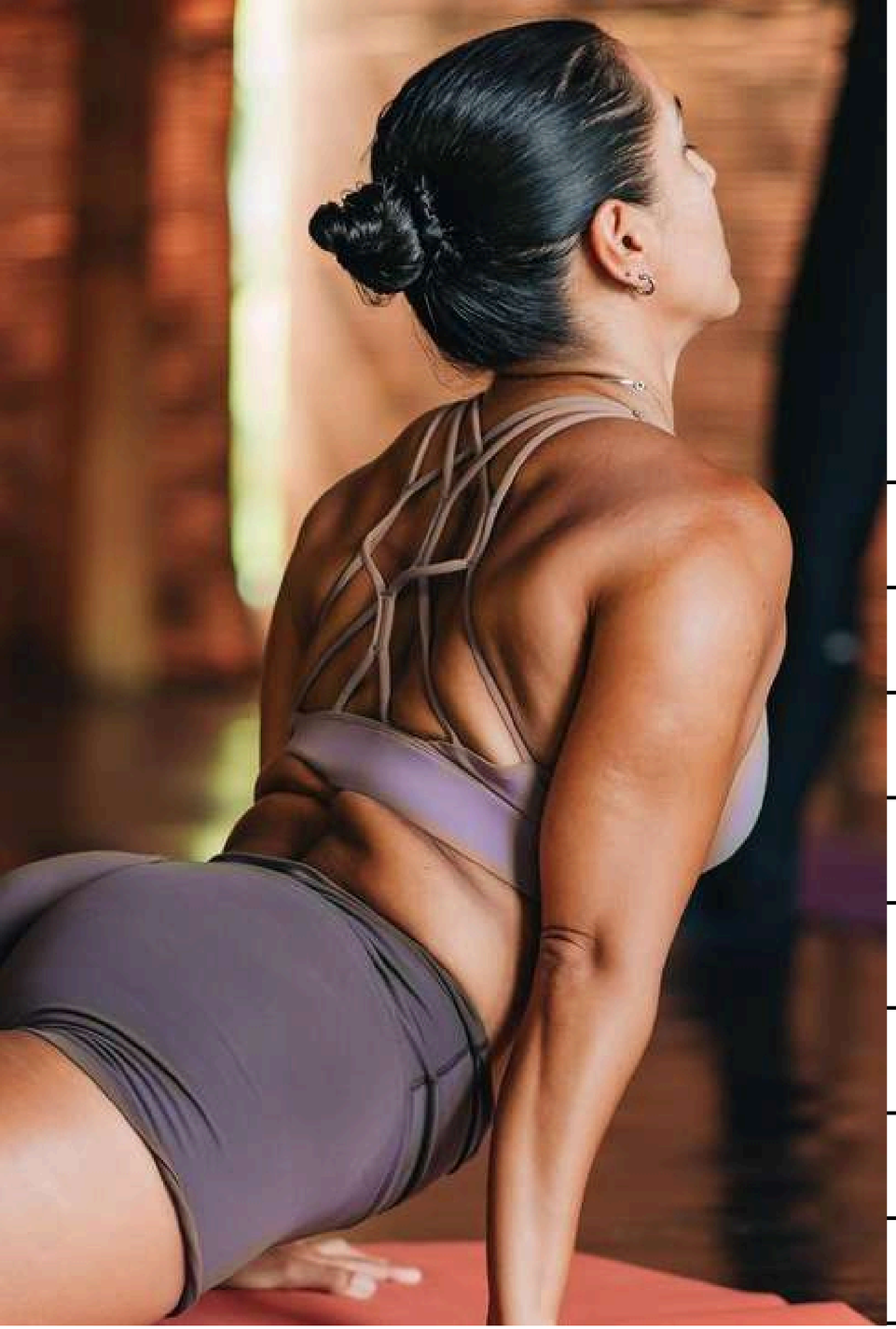
In the early afternoon, you'll delve into the theoretical aspects of asanas, alternating between studying yoga **philosophy** and **anatomy** on different days.

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.

**The final week, you will conduct a 30-minute teaching practicum.*
*Likewise, you will also participate as a student while your peers lead their sessions.**



YOGAUNION BALI

OUR DAILY SCHEDULE

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

7 - 8 AM

PRANAYAMA

Pranayama, from *Prana* (breath, life force) and *Yama* (control), teaches that **breath is energy flow**. Each morning begins with a **pranayama session**, inviting you to **ground**, **center**, and set your **intention and energy** for the day ahead.

Through conscious breathing, you'll cultivate awareness of the **body, mind, and subtle energy** within.

In this class, you will explore and practice

- **Yogic Breathing**, **Nadi Shodhana** (alternate nostril breath),
- **Bhramari** (humming bee breath),
- **Ujjayi** (victorious breath),
- **Bhastrika** (bellows breath), and
- **Kapalbhati** (frontal brain cleansing).

These powerful techniques enhance **vitality, focus, and emotional balance**, guiding you toward inner stillness and harmony.

8-10AM

ASANA ANALYSIS & ADJUSTMENT

Our unique approach blends the **tradition of Vinyasa rooted in Ashtanga** with the **wisdom gained from years of exploration and practice.**

This training goes beyond practice, it's about **understanding**, **alignment**, and **transformation**. You'll learn to **analyze postures**, master **hands-on adjustments**, and **confidently structure a Vinyasa class** with clarity and depth.

What you'll gain:

- **Mastery of 80+ postures** including arm balances, backbends & inversions
- **Alignment & variations** tailored to body mechanics
- **Creative use of props** to enhance practice
- **Adjustment skills,** both physical & verbal, with real hands-on experience

Your teachers will be **by your side**, guiding, observing, and giving you **personal feedback every step of the way.**

At Yoga Union, we believe **teaching begins the moment you enter the shala**. Every lesson is designed to be **confidence-building** and **progressive**.

You'll start with **one-to-one sessions**, gradually move to **larger groups**, and ultimately lead a **30-minute class** for your fellow yogis.

With **continuous feedback** from teachers and peers, you'll refine your skills, build confidence, and discover your **unique voice as a teacher**.

What you'll practice:

- **Yoga Union Vinyasa principles** & class structure
- **Practice teaching** with real-time feedback
- **Hands-on adjustments** & safe guidance
- **Instruction skills**: voice, presence & style
- **Planning classes** with clarity & flow
- **Teaching with awareness** of injuries & safety

This journey is not just about learning to teach, it's about **becoming the teacher you're meant to be**.

11 - 1 PM

TEACHING METHODOLOGY

3 - 4:30 PM

PHILOSOPHY

Together we'll **travel back to the roots of yoga in India**, exploring how it evolved into the **modern practice** we know today. Through **philosophy and storytelling**, you'll discover how these timeless teachings can be **applied to your own life,** both on and off the mat.

The lessons are **conversational and interactive**, encouraging you to reflect, share, and connect with the deeper meaning of yoga.

What you'll explore:

- **History & meaning of yoga**
- **The Eight-Limb Path** of Patanjali
- **Energy systems**: Prana, Vayus, Nadis, Chakras & Kundalini
- **Gunas & Doshas**, with an intro to the **yogic diet**
- **Mudras, Bandhas & Mantras**
- **The meaning of Om**
- **Lifestyle & ethics** as a practitioner and teacher

This is a journey of **wisdom, reflection, and self-discovery,** where ancient knowledge becomes a **living practice**.

3 - 4:30 PM

ANATOMY

This is a journey of **wisdom, reflection, and self-discovery,** where ancient knowledge becomes a **living practice**.

You'll take a **deep dive into the human body**, exploring the **nervous, skeletal, and muscular systems** and how they work together to create movement. This knowledge will empower you to **bring awareness and precision** into your **practice, teaching, and daily life**.

Our **conversational, interactive approach** makes even complex concepts **fun, engaging, and intuitive,** so you can truly embody what you learn.

What you'll explore:

- **Introduction to Anatomy** & the body's systems
- **In-depth study** of the skeletal system, connective tissue, muscles & nervous system
- **Movement analysis** of joints & muscles with direct application to yoga practice & asanas

This is where **science meets practice**, giving you the tools to move, teach, and live with greater **awareness and alignment**.

4:45 - 6:30 PM

RESTORATIVE & WORKSHOPS

The **afternoon classes** open the door to **different styles of yoga** beyond the core course, offering a balance of **restorative practices** and **special themed workshops**.

RESTORATIVE PRACTICE

To balance your **dynamic Yang mornings**, afternoons shift into stillness with **Yin Yoga, Yoga Nidra, and Restorative** practices, giving body and mind the space to **recharge and reset**.

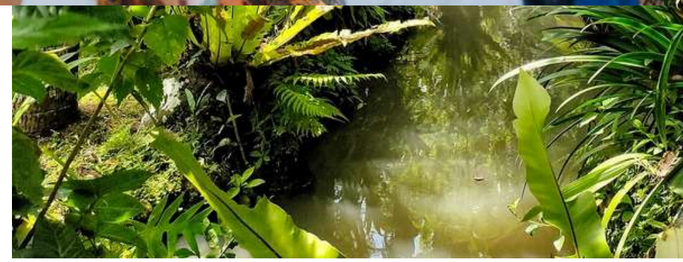
WORKSHOPS

Focused, playful sessions designed to expand your practice, including **handstands, hip openers, and more**.
These afternoons bring both **depth and variety**, nurturing your growth with a blend of **challenge and restoration**.

BOOKING & POLICIES

HOW TO

BOOK YOUR SPOT



Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

Important:

- In the **reference**, write **"Your Name"**
- This is a **Euro account,** payments from other currencies will automatically convert at the current exchange rate
- After payment, kindly **email your receipt** to:

training@yogaunionbali.com

BOOK NOW

REFUND POLICY

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At **YogaUnion Bali**, we value **transparency and flexibility** in supporting your yoga journey.

Deposit Payments

- All deposits are **non-refundable**
- Deposits are **fully transferable** to any future training with us

Remaining Balance

- Once paid, the balance is **non-refundable** (due to advance costs for accommodation, teachers & meals)

Rescheduling

- If you cannot attend, both your **deposit and balance** can be **transferred to another training or date**
- **No time limit** on rescheduling
- Requests must be made **in writing** and are subject to availability

We understand that **plans may change**, and we'll do our best to help you find the **solution that works for you**. For questions, reach out anytime.

PRICES

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

No Accommodation	1000€
Double Room	1200€
Private Room	**1350€ (Best Value)**

** 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.

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

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

€390 - all accommodation type

BOOK NOW

WHAT'S INCLUDED

What's Included in Your Training:

- **Yoga Style:** Vinyasa (based on Ashtanga)
- **Accommodation:** For the full course duration
- **Meals:** 3 nutritious vegetarian, plant-based meals daily (6 days per week – Sundays off)
- **Tuition Fees & Course Materials**
- **Yoga Alliance Certification Diploma** (200-hour RYT)
- **Flexible online access**: complete 100 hours at your own pace within 6 months after joining the 100 hours onsite in Bali.

Program Details:

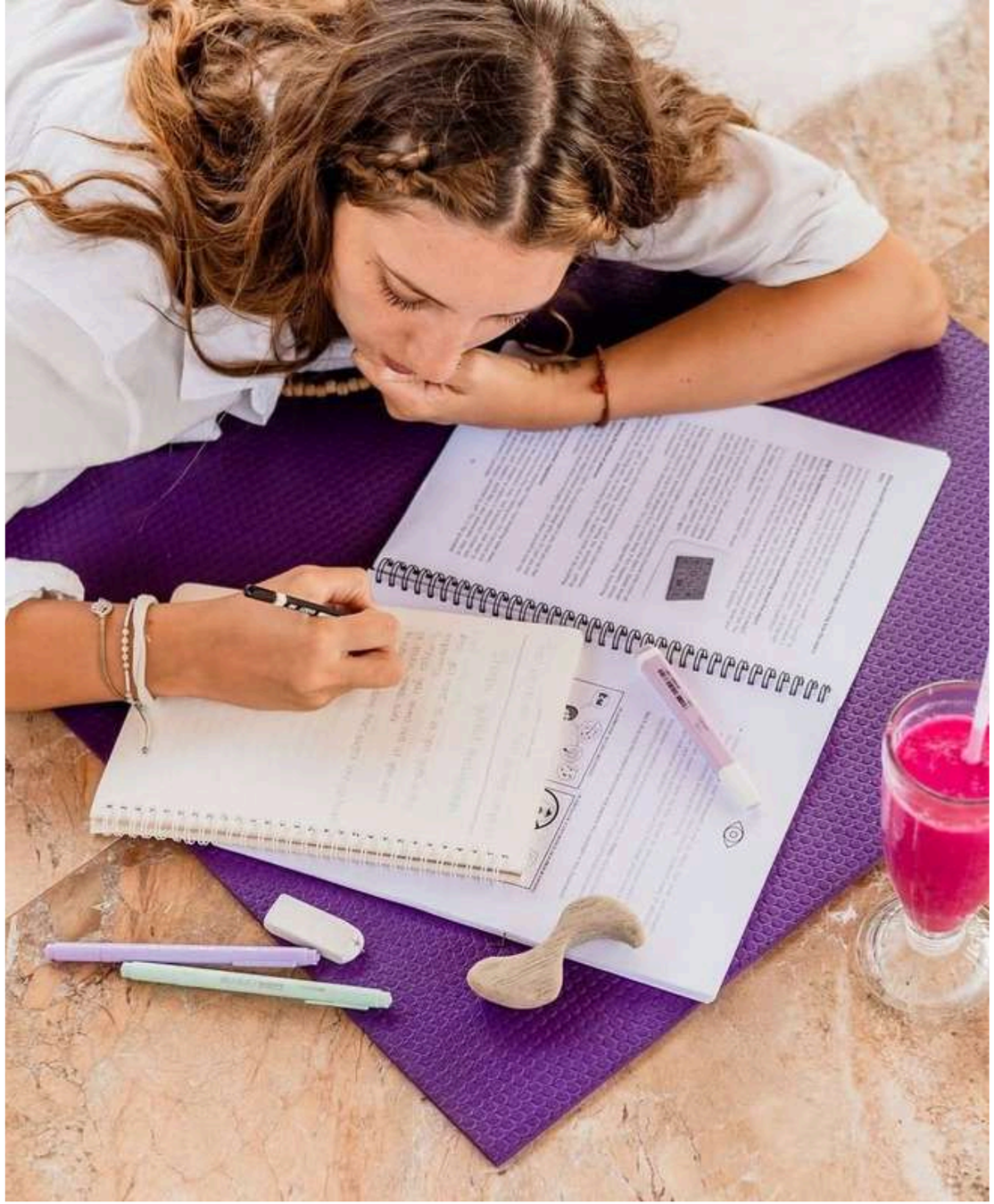
- **Duration:** 11 days - 10 nights + 100H online
- **Skill Level:** Open to all levels
- **Cuisine:** Vegetarian & plant-based
- **Location:** Ubud, Bali

LIVING THE EXPERIENCE

PASS THE EXAM

STUDENT TEACHING:

- Submit a **30-minute video of teaching Vinyasa Flow**
- Receive **constructive feedback** from your head teacher
- Complete a **2-hour written exam** on **Asana Analysis**, **Philosophy**, and **Anatomy**



DIPLOMA

CERTIFICATION & PERSONAL GROWTH

Successful graduates receive an **internationally recognized Yoga Alliance certification**.

Whether you choose to teach or not, this journey is about **personal growth, physically**, **mentally**, and **spiritually**.

It's a **transformative experience**, guiding you inward toward **self-realization** and **self-love**.

YOGA ALLIANCE

TRAIN WITH CONFIDENCE. TEACH WITH CREDIBILITY.

At **Yoga Union Bali**, we follow the high standards of **Yoga Alliance**, the world's leading organization for quality, safe, and inclusive yoga education.

✅ **Global Certification**
Complete your training with us and receive a **Yoga Alliance-recognized diploma**, respected by studios and students worldwide.

OUR LOCATIONS IN UBUD, BALI

LIVE THE TRUE UBUD EXPERIENCE

Immerse yourself in the authentic **Ubudian lifestyle**—peaceful, natural, and deeply rooted in tradition.

🏡 **Stay Among the Rice Fields**

Our yoga shala, accommodations, and restaurant are nestled in lush rice paddies, offering a serene escape into nature.

🚫 **No Cars Allowed**

Accessible only by foot, bicycle, or motorbike, our location ensures a quiet, car-free environment.

Note: We partner with local homestays and assign rooms on a first-come, first-served basis. All options offer a similar level of comfort and charm.

Our **collaborative accommodations** – including **guesthouses** and **homestays** – are nestled in a **charming neighborhood** surrounded by **scenic rice fields**. While our **shala**, **restaurant**, and **accommodations** are located **nearby**, please note they are **not on the same property**.

This **serene setting** is easily accessible by **foot** or **motorbike**, and just **minutes away** from the **vibrant center of Ubud**.

For **transport** or to book **extra nights**, please contact our associate **Mr. Gusti** (details shared after deposit).

- **Extra Nights:**

Available at **25 EUR/night** (no meals).
Note: These will be in **nearby accommodations**, not on-site.

- **Airport Transport:**

IDR **500,000** (paid directly to driver).

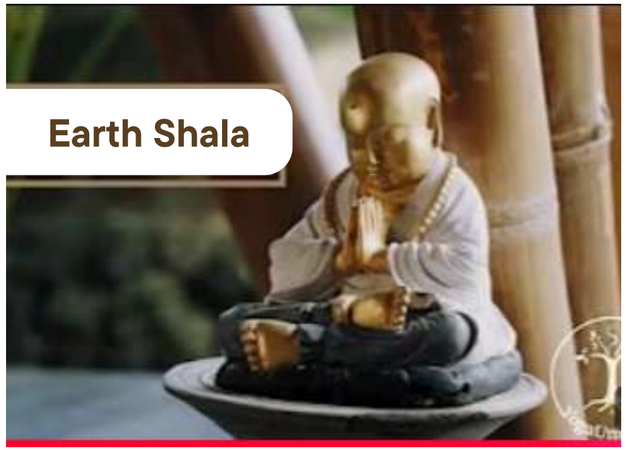
- FYI, **High Season (July–August):**

Please **book early**, as nearby stays fill up **quickly**.

THE ACCOMODATIONS

SHALAS

Our beautiful shalas in Ubud are set in **stunning natural surroundings,** Fire, Earth, and Air Shalas in a **serene rice field neighborhood**, and Water Shala in the **heart of Ubud**, surrounded by **lush forest and a flowing river**. Each has its **unique charm**, offering an **immersive experience in nature**. **Shala assignments depend on availability** as each has a **different capacity**.



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.

NUTRITION

NOURISH YOUR BODY, SUPPORT YOUR PRACTICE

At **YogaUnion Bali**, food is part of the journey. Enjoy **delicious, plant-based meals** crafted by Ubud's health food chefs—designed to energize your body, calm your mind, and honor yogic values.

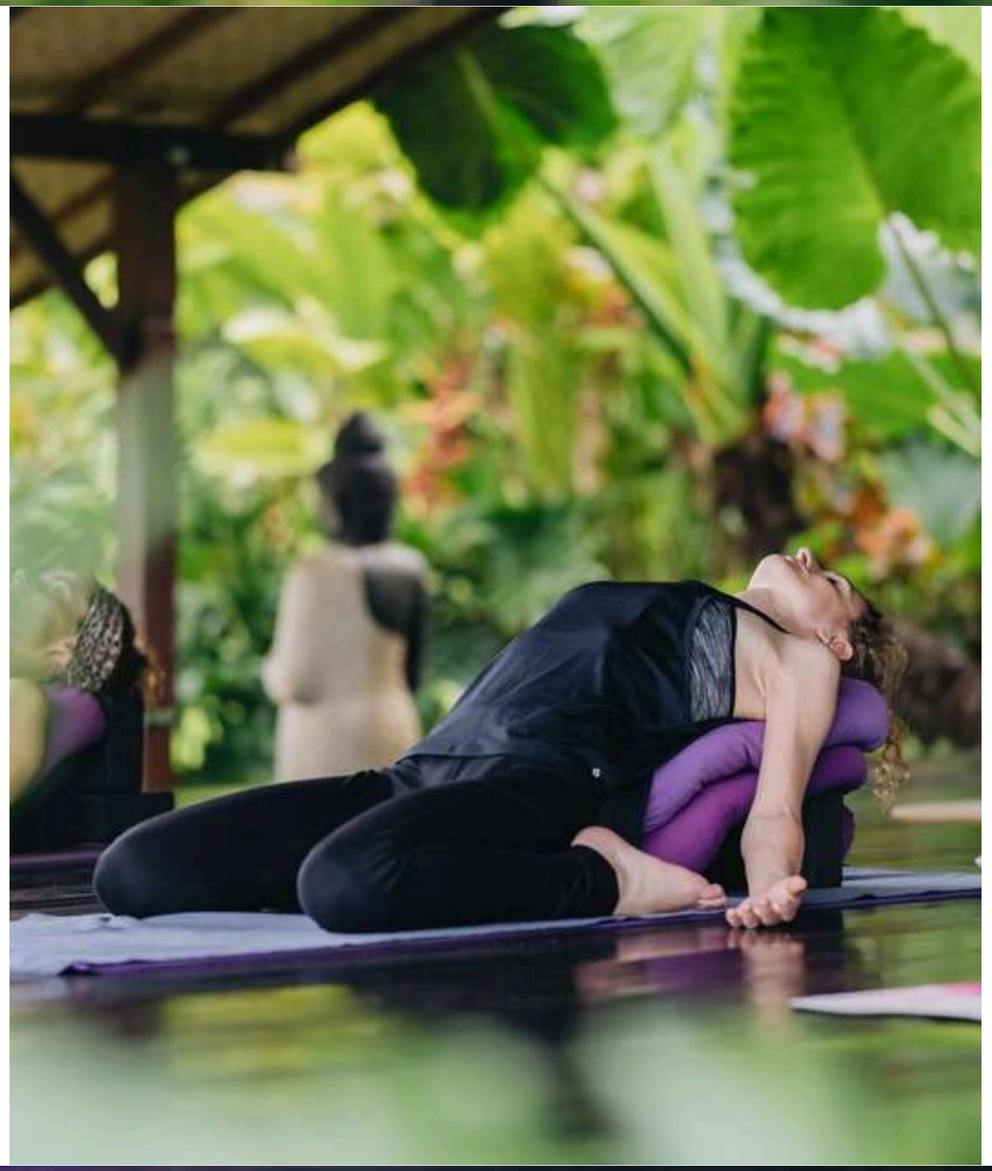
Wholesome. Fresh. Intentional.

From tropical breakfasts to grounding dinners, every meal is a celebration of balance, purity, and mindful living.

OUR SOCIAL MEDIA

@yogaunionbali
www.yogaunionbali.com
yogaunion.bali
+62 812-3715-4225
@yogaunionbali

YOGAUNION BALI



CONTACT US

More Than a Training—It's a Lifelong Union

At **YogaUnion Bali**, we're not just a course—we're a **community**. Together, we support, grow, and transform through every step of this profound journey.

You'll form deep, lasting bonds that **transcend friendship**—leaving not only with knowledge, but with a **lifelong union**.

We can't wait to welcome you into the **YogaUnion Bali family**.

Ourania & The YogaUnion Bali Family

YogaUnion Bali

- +62 812-3715-4225
- Jl. Subak Sok Wayah, Ubud, Kabupaten Gianyar, Bali 80571
- training@yogaunionbali.com
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