YOGAUNION

BALI 300H YTTC

YogaUnion Bali

YOGAUNION BALI

300H

VINYASA BASED ON ASHTANGA TEACHER TRAINING

Dear Yogi,

Let’s **reconnect** once more and **embark together** on a **new**, more **challenging** and more **rewarding** journey to **Yoga**.

You **know us**. You **know what to expect**.
Are you ready to **sweat**, **cry**, and **laugh** with us one more time?

If this is your **first time**, are you ready to be part of our **loving**, **ever-growing family**?

www.yogaunionbali.com

YOGAUNION BALI

OUR MISSION

We are **beyond excited** to **reconnect** with you and **welcome you** to our **300hr Yoga Teacher Training** in **Bali**!

Years in the making, **carefully designed** and **well structured**, we shaped our **advanced course** based on what our students **need**.

We **listened to you** and designed a course that will take you on a journey **deep into the vast world of Yoga**, provide **deeper knowledge**, **new skills**, and build **utmost confidence**.

You will **solidify your understanding** and take your **education**, **teaching skills**, and **practice** to the **next level** — all while being in the most **beautiful**, **blissful place**.
The **home of our hearts**. Our **magical Bali**.

YOGAUNION BALI

OUR COURSE

This course is a **5-week intensive advanced 300hr training** that builds on your **pre-existing knowledge**, so a **200hr certification** is **required**.

Following our 200hr course, this training remains **practice-focused**. We'll explore new Vinyasa postures and learn how to perform, adjust, teach, and create well-structured flows, additionally **analyze Ashtanga Primary Series poses.**

Our **anatomy lessons** will **complement asana**, focusing on **movement patterns**, their **practical application**, and how each pose impacts **joints**, **bones**, and **muscles**.

We'll go deeper into **muscles**, **fascia**, and the **nervous system**, gaining insight into the **mind-body connection**—and how to **nurture** it to take the **reins** of your practice.

YOGAUNION BALI

OUR FOCUS

Our days will begin with **Pranayama**, **meditation**, and **chanting**, helping to **balance us** and **set the stage** for the day.

You'll be introduced to **new, advanced breathing techniques**, explore various **meditation methods**, and practice **mantra chanting**.

In **philosophy classes**, we'll dive into the **Bhagavad Gita**, engaging in **in-depth**, **open-minded**, and **constructive discussions** to reflect on ourselves and apply **traditional yogic ethics & lifestyle** to our **modern lives**.

In the afternoons, we'll deepen our **Yin practice**, while exploring more **yoga styles** such as **Tantra**, **restorative**, **pre-natal**, and others. You'll also take part in **theme-based workshops**, expanding your understanding and enriching your teaching journey.

DAILY SCHEDULE

WHAT YOU CAN EXPECT

Practice daily at our **YogaUnion Shala**, nestled in the **rice fields** and overlooking the **jungle**. Stay in our partner guesthouses in **Sok Waya**, a **magical neighborhood** just **10 minutes** from central **Ubud**.

Mornings start with **pranayama**, **meditation**, and **chanting**, followed by **Vinyasa** rooted in **Ashtanga**.

Early afternoons focus on **asana study**, **alignment**, and **teaching methodology**, alternating with **philosophy** and **anatomy**.

Afternoons explore **Yin**, **Hatha**, **Nidra**, **pre-natal**, and **workshops.**

We end the day reviewing and **studying together** as the **sun sets**.

Meals are served at our **YogaUnion restaurant.**

Enjoy **one day off per week** to **rest**, **relax**, or explore **Bali**.

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

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)**

8-10AM

ASANA

Asana at YogaUnion Bali blends traditional **Vinyasa rooted in Ashtanga** with modern alignment principles, creating a practice that is both precise and embodied.

In our **300-hour Teacher Training**, you'll focus on **correct alignment, hands-on adjustments, and intelligent sequencing**—developing your own practice while gaining the skills to guide others with **clarity and confidence.**

11 - 1 PM

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 **what you've learned in your 200H,** helping you deepen your knowledge, step outside your comfort zone, and grow your confidence as a teacher. You'll explore more advanced adjustments, refine your teaching skills, and learn to work with greater awareness and precision.

What you'll gain:

- Deepen your practice with advanced postures, transitions, arm balances, backbends & inversions
- Go beyond basic alignment and explore deeper body mechanics and variations
- Build confidence in teaching adjustments through deeper hands-on practice and feedback
- Step outside your comfort zone through practical teaching and real teaching experience
- Refine your sequencing & teaching skills with greater clarity, creativity, and intention

Your teachers will be **by your side**, guiding, observing, challenging, 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**.

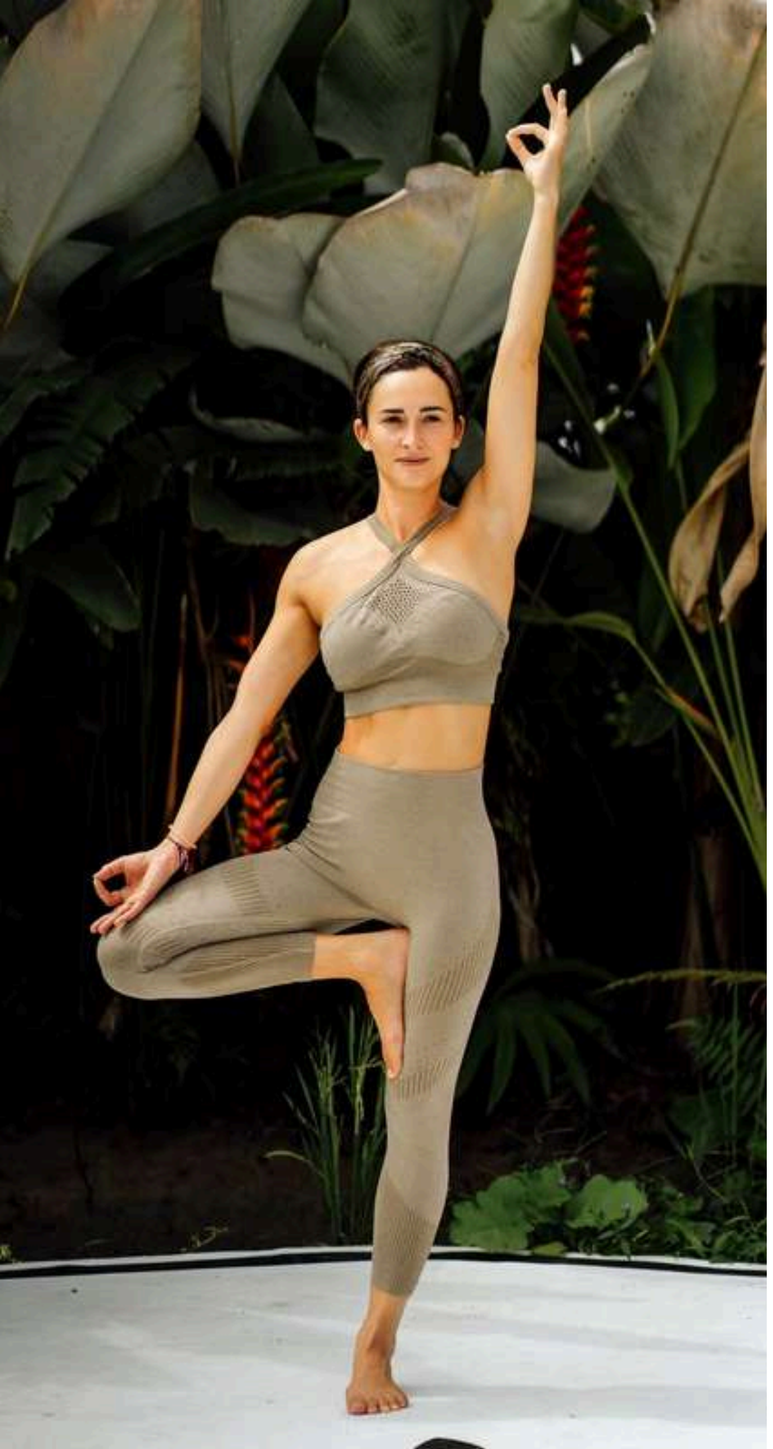
You'll take a **deep dive into the human body**, exploring the **nervous, skeletal, and muscular systems** and how they work together to create movement. This knowledge will empower you to **bring awareness and precision** into your **practice, teaching, and daily life**.

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**.

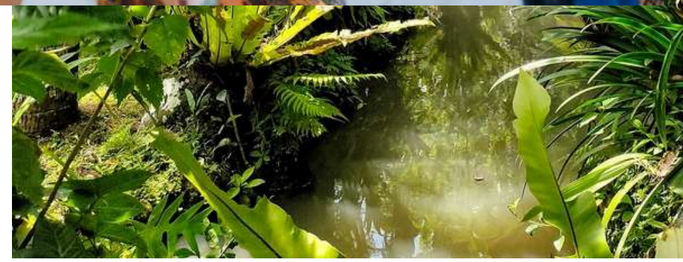
WORKSHOPS

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

300H - 31 nights (32 days) in Ubud, Bali

No Accommodation	2600€
Double Room	2900€
Private Room	**3300€ (Best Value)**
Superior Room	3600€

** 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:

€500 - no accomodation or double room
€500 - private room
€500 - Deluxe room

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** (300-hour RYT)

Program Details:

- **Duration:** 32 days
- **Skill Level:** Open to all levels
- **Cuisine:** Vegetarian & plant-based
- **Location:** Ubud, Bali

LIVING THE EXPERIENCE

PASS THE EXAM

STUDENT TEACHING:

- Teach a **30-minute Vinyasa Flow** to your fellow yogis
- Receive **constructive feedback** from your head teacher
- Complete **a 2.5-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).

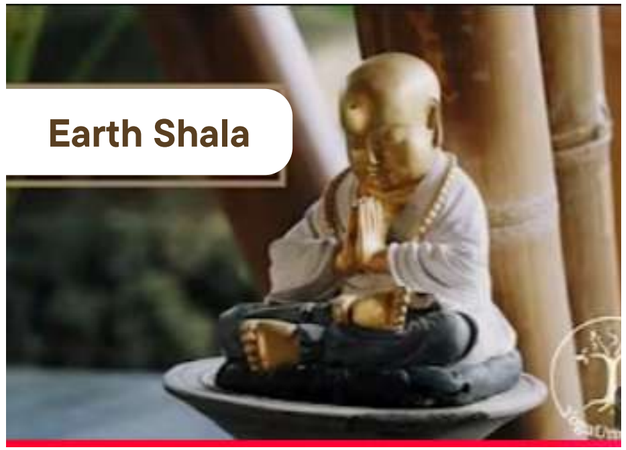
- FYI, **High Season (July–August):**

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

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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

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