YOGAUNION

200H YOGA TEACHER TRAINING IN GREECE

YogaUnion Bali

YOGAUNION GREECE
200H

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.

www.yogaunionbali.com

YOGAUNION GREECE

OUR MISSION

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

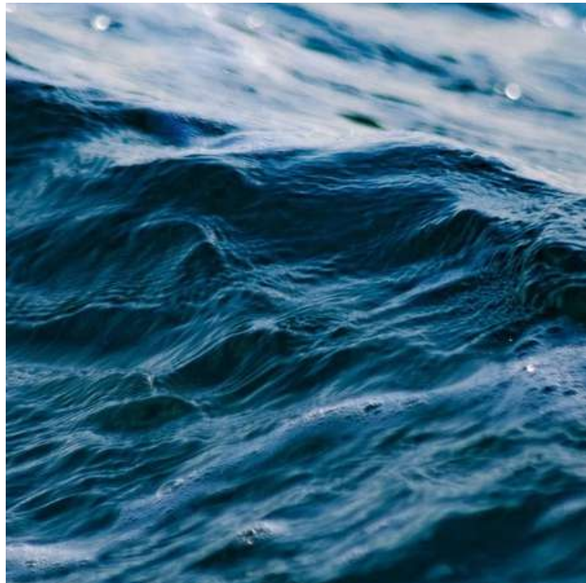
We learn, unlearn, break, and grow together.
Every day on our mats, **we sweat, laugh, and cry as one**.

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 GREECE

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-Ashtanga Yoga**, emphasizing a strong Asana practice.

YOGAUNION GREECE

OUR FOCUS

We help you build a **solid practice** while growing **confidence, skills & knowledge**.

Develop a **comprehensive understanding of Vinyasa**, rooted in **Ashtanga**.

Explore **Asana analysis & adjustments**, alongside **Pranayama, meditation & chanting**.

Join **afternoon workshops** in **Yin, Restorative & Hatha Yoga**. Dive into **methodology, theory, philosophy & anatomy**.

Our goal: to guide you into becoming an **exceptional yoga teacher**.

YOGAUNION GREECE

OUR TEACHERS

FAYE BALOMENOU

Yoga is more than a profession for her; it is an integral part of her **personal evolution** and **growth**. After completing her first training in **India**, she began teaching over **10 years ago** in studios, gyms, and private sessions, gaining extensive experience. Soon after, she organized her first **yoga retreat**, deepening her own study while supporting practitioners of all levels.

Over the past **five years**, she has served as a **Lead Teacher** in **200-hour** and **300-hour** trainings in **Bali** and **Greece**. She has also developed her own unique style of **courses** and **workshops**, guiding practitioners toward a **balanced lifestyle** and helping aspiring teachers find their own **voice** and **motivation**.

Her signature **Soma Workshops** have been successfully conducted in **Hamburg**, **Cyprus**, and **Italy**, offering pathways to **connection**, **understanding**, and **growth**.

YOGAUNION GREECE

OUR TEACHERS

ELENI CHANTZARA

Eleni Chantzara began her **yoga journey** in **2009**, where she soon discovered the profound treasures hidden within the practice and philosophy of yoga.

Over more than **ten years of teaching experience**, she has guided students with a focus on cultivating **self-love**, **awareness**, and authentic **connection**.

In her classes, Eleni blends a **compassionate heart** with the strength of a clear **mind** and resilient **body**, creating a safe and nurturing space for transformation. Her approach encourages students to listen deeply, embrace their uniqueness, and integrate the wisdom of yoga into everyday life with **clarity**, **balance**, and **joy**.

YOGAUNION GREECE

OUR TEACHERS

GALATEIA PANOUSI

Galateia began her **yoga journey** in **Athens** while working as an **infrastructure engineer**. What started as simple curiosity soon evolved into a deep **passion**, especially through **Ashtanga** and **Vinyasa Yoga**, where breath and movement meet creativity and flow.

With over **500 hours of training**, she teaches with a strong focus on **body awareness**, **mindful expression**, and alignment. Since **2017**, she has been leading **classes**, **retreats**, and **workshops**, and today she runs her own studio, **Yogamas**.

For Galateia, yoga is a **return to presence**, a space where **discipline** harmonizes with **compassion** and **joy**, guiding students toward transformation.

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 GREECE

OUR DAILY SCHEDULE

8:00-9:00	PRANAYAMA
9:00-10:30	VINYASA
10:30-11:30	BREAKFAST
11:30-13:30	ALIGNMENT
13:00-15:00	LUNCH
15:00-16:30	ANATOMY / PHILOSOPHY
16:45-18:15	WORKSHOP / AFTERNOON CLASSES
19:00	DINNER

08:00 – 09:00

PRANAYAMA

Each morning begins with a **pranayama practice**, where you'll explore **functional and regulating breath techniques** that cultivate balance, clarity, and focus. This daily breathwork strengthens your awareness and sets the energetic tone for the day.

Following pranayama, you'll move into an **embodiment class** — weaving together *somatics, yoga, mindful movement, or meditation*. These practices are designed to **awaken the body**, gently **ground the nervous system**, and bring you into deep connection with **presence**.

Through this consistent rhythm, mornings become a **sacred ritual**, aligning breath, body, and mind in preparation for the transformative work ahead.

09:00 – 10:30

VINYASA

Our approach to **Vinyasa,** rooted in **Ashtanga Yoga,** is firmly rooted in **tradition**, yet enriched by years of **global study**, **personal exploration**, and **refinement**. This method, shaped by experience, is shared with **passion** and **clarity**.

In each **dynamic morning class**, students practice both **foundational** and **advanced postures**, focusing on correct **alignment** through traditional principles and modern **body mechanics**. With **hands-on guidance** from expert teachers, they learn to **adjust**, **assist**, and **sequence** with intelligence.

Every day offers a fresh **Vinyasa flow**, cultivating **strength**, **fluidity**, and **body awareness**, supported by detailed feedback and compassionate teaching.

11:30-13:30

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**.

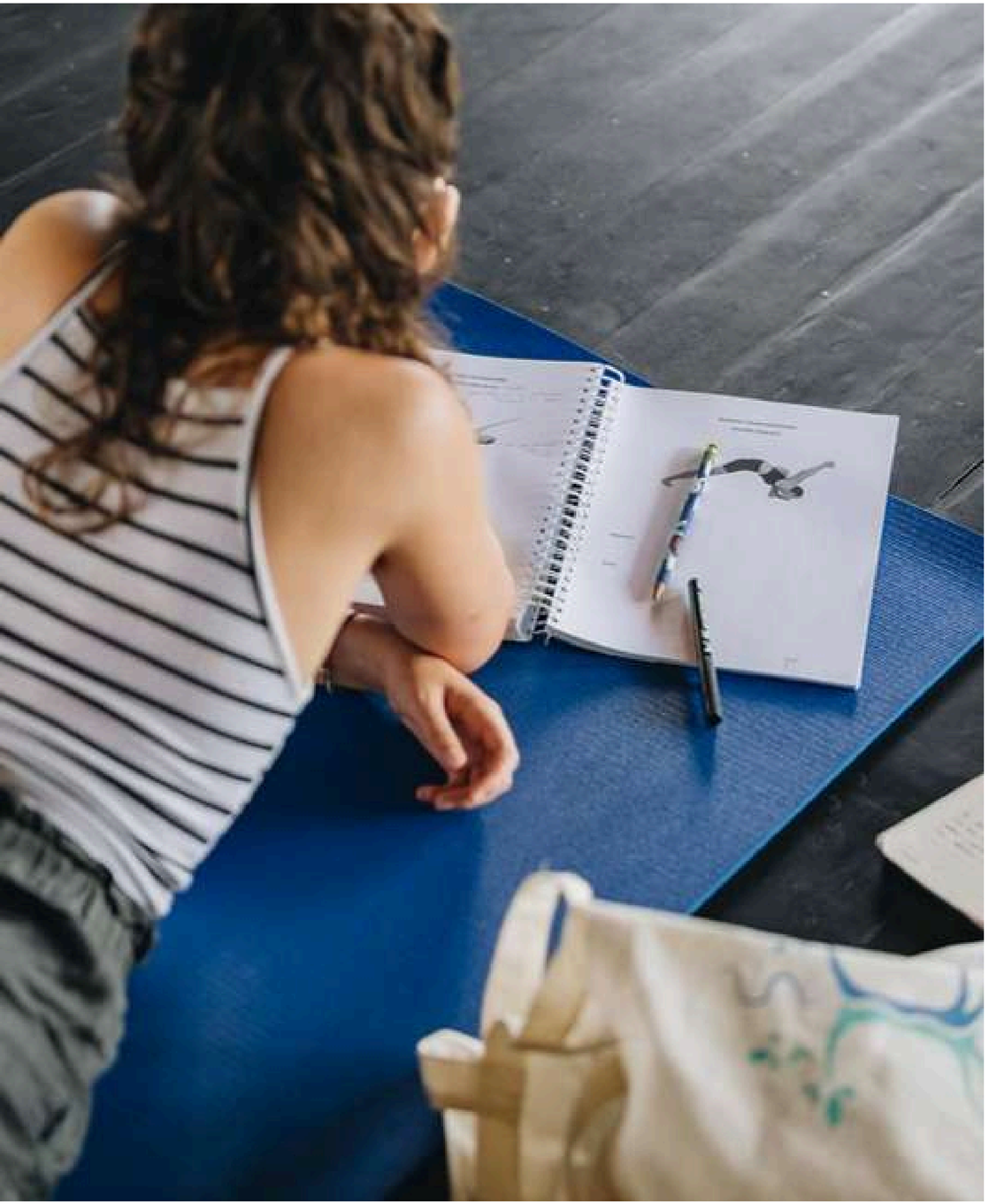
What you'll practice:

- **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**.

15:00-16:30

TEACHING METHODOLOGY



15:00-16:30

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**.

15:00-16:30

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**.

16:45-18:15

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

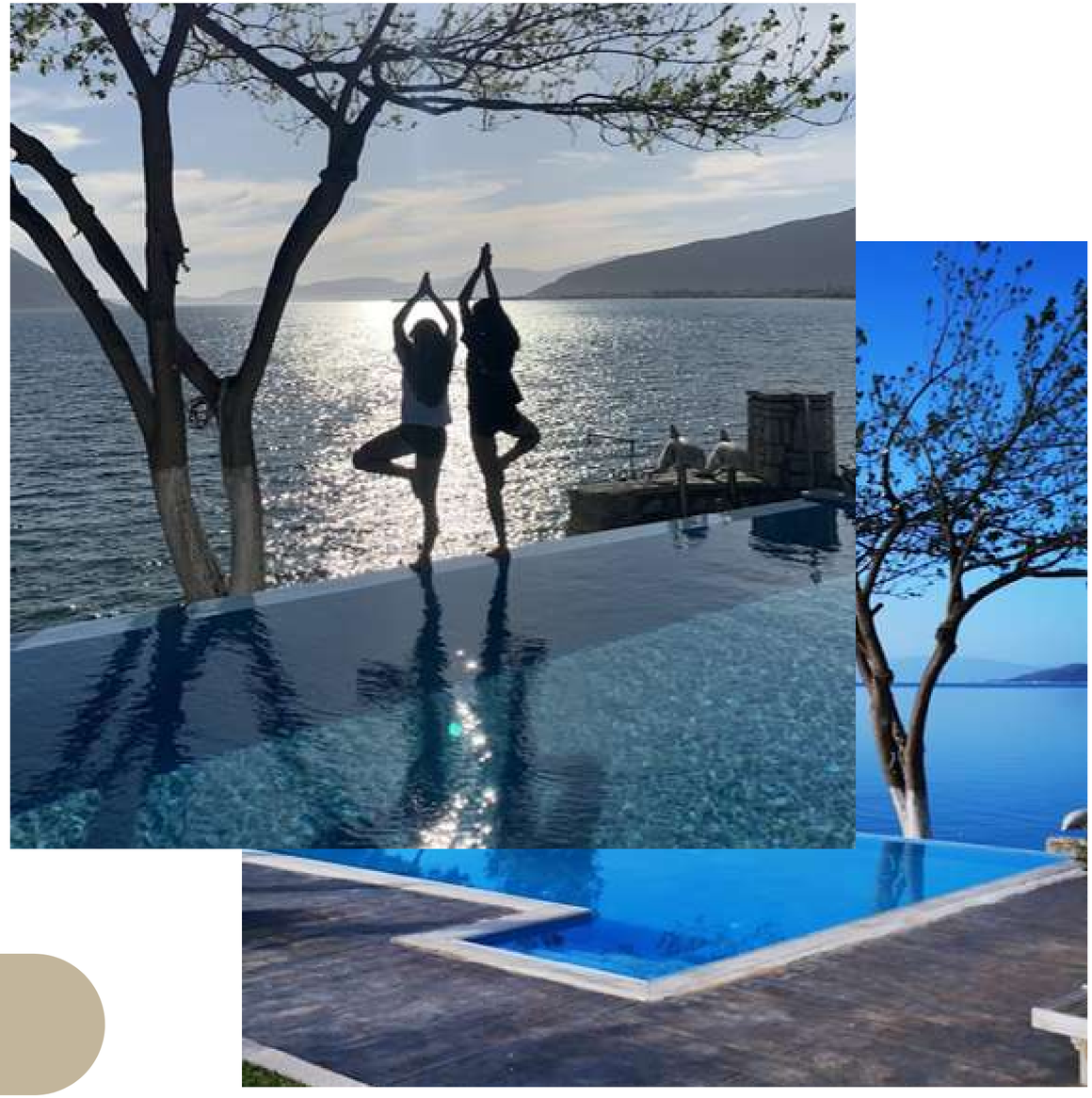
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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

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

Triple Room	2200€
Double Room	**2600€ (Best Value)**
Private Room	2990€

** 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:

Deposit: €500 secures your spot.
The deposit is non-refundable, but fully transferable to another date.
Payment plans are available.

BOOK NOW

WHAT'S INCLUDED

What's Included in Your Training:

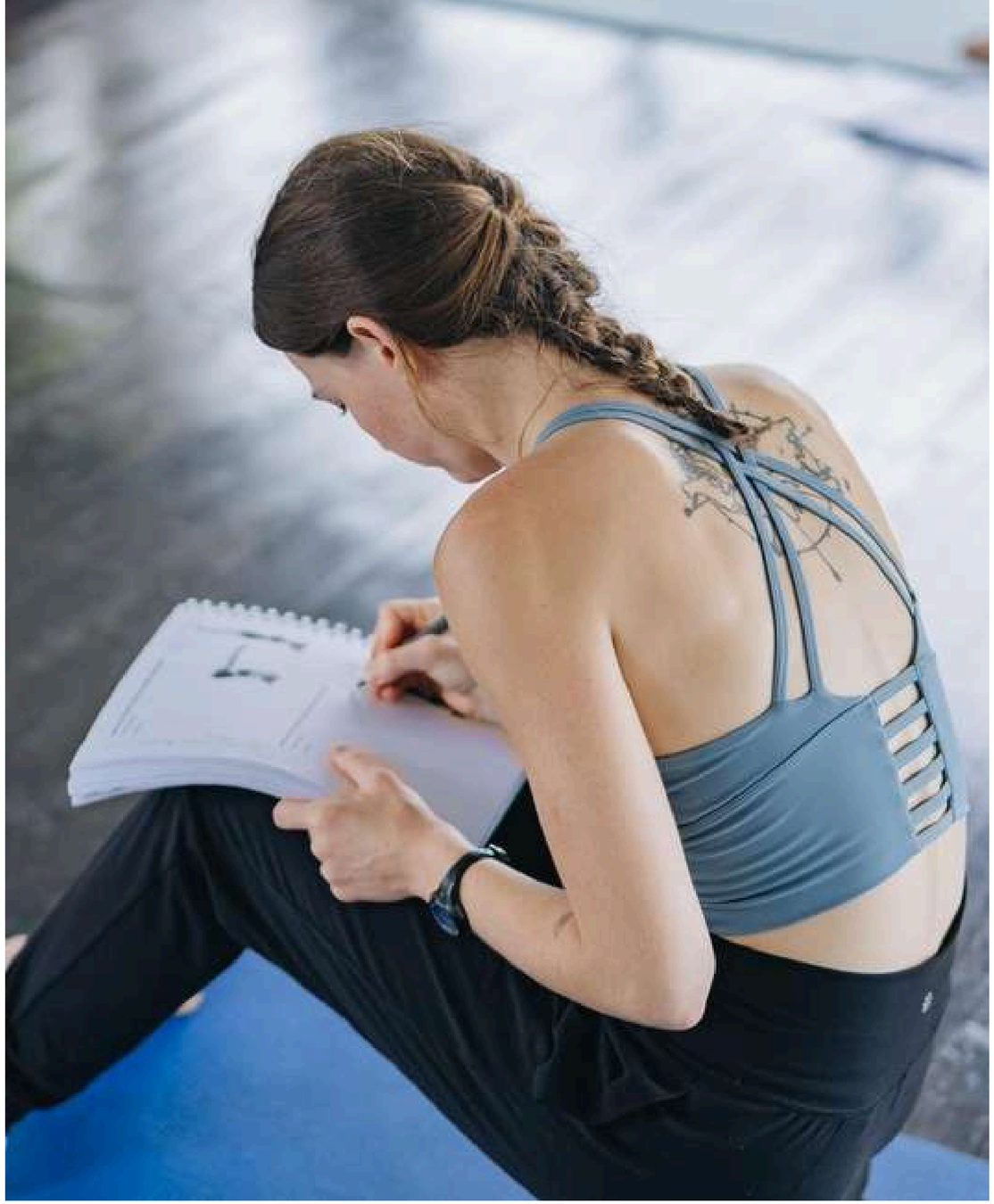
- **200h Training** in Greece
- **Tuition & course materials**
- **3 vegetarian meals/day** (6 days per week)
- **Accommodation options** available
- **Yoga Alliance Certification Diploma** (200h RYT)
- A transformative journey of **growth & connection**

LIVING THE EXPERIENCE

PASS THE EXAM

In the final stage, you will guide your fellow yogis through a **30-minute Yin Flow class**, putting your knowledge into practice.

This **student teaching** experience is followed by **constructive feedback** from your head teacher, ensuring you graduate with **confidence, clarity, and the skills** to lead with integrity.



DIPLOMA

Upon completion of the training, all students receive an **internationally recognized Yoga Alliance certification**, a credential that allows you to teach and share Yin Yoga anywhere in the world.

This diploma affirms not only your dedication but also your readiness to guide others with **confidence, integrity, and clarity**.

At YogaUnion, we believe that the decision to **teach or not teach** is secondary. What truly matters is the **inner transformation** this journey brings.

Over the course, you will grow on a **physical, mental, and spiritual level**, moving inward toward **self-realization and self-love**, the essence of yoga itself.

YOGA ALLIANCE

Train with Confidence. Teach with Credibility. At **YogaUnion Bali**, we uphold the rigorous standards of **Yoga Alliance**, the world's leading organization for safe, inclusive, and high-quality yoga education. Our program is designed to support you in becoming not only a teacher of technique, but also a teacher of presence and authenticity.

By completing your training with us, you will earn a **Yoga Alliance-recognized diploma**, respected and accepted by yoga studios and practitioners worldwide. This **global certification** ensures that you step into your teaching journey with **credibility**, prepared to share your knowledge and guide students with clarity and confidence.

OUR LOCATION IN MYTIKAS, GREECE

Immerse yourself in the authentic charm of **Mytikas** — a coastal village where life flows peacefully, surrounded by sea, sun, and tradition.

🏡 **Stay by the Sea**
Our yoga shala and retreat accommodations are located just steps from the **sea**, offering stunning views and a serene, rejuvenating atmosphere.

🌿 **Peaceful & Connected**
Here you can relax in spacious rooms, enjoy the garden, or simply take a short walk into the village to connect with local life.

🔑 **First-Come, First-Served**
We partner with a **family-run retreat hotel**, offering **private, double, and triple rooms**. Rooms are assigned on a first-come basis, each designed to be **comfortable, welcoming, and homelike**.

You will be staying in a **traditional retreat center** close to the village, the sea, and the yoga shala, which is located right beside the water and overlooking the mediteranean **see**.

Step outside to enjoy the **balcony or the large garden**, perfect for peaceful, stress-free moments of reflection or connection with fellow students. The retreat center is designed to make you feel **comfortable, at ease, and at home**.

Extra Nights:
Available at **45€ in a triple**, 55€ double, 70€ private all without meals.
Note: Stays are arranged within the same retreat center.

Airport Transport:
Transfer from/to **Preveza Airport (PVK)** available on request (details shared after deposit).

FYI – High Season (July–August):
Please book early, as rooms fill quickly.

THE ACCOMODATIONS

NUTRITION

NOURISH YOUR BODY, SUPPORT YOUR PRACTICE

At **YogaUnion Greece**, food is part of the journey. Savor **delicious, plant-based meals** prepared with love by local chefs—crafted to **energize your body**, **calm your mind**, and honor **yogic values**.

Wholesome. Fresh. Intentional.

From light Mediterranean breakfasts to grounding dinners, every meal is a celebration of **balance, purity, and mindful living**, inspired by the flavors and traditions of Greece.

OUR SOCIAL MEDIA

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

YOGAUNION GREECE

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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