

YOGAUNION

200H SOMATIC BREATHWORK TEACHER TRAINING IN BALI

A TRAUMA-INFORMED SOMATIC CONSCIOUS CONNECTED BREATHWORK
IMMERSION ROOTED IN SCIENCE AND EMBODIED FACILITATION



YogaUnion Bali

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A TRAUMA-INFORMED SOMATIC CONSCIOUS CONNECTED BREATHWORK
IMMERSION ROOTED IN SCIENCE AND EMBODIED FACILITATION

Dear Human Being,

Are you ready to dive into the **transformative power of breath?**

This is more than just a training: it's a **journey inward**, unlocking **clarity, energy, and resilience**.

Join us in **Bali**, where ancient wisdom meets modern practice.

Discover how conscious breathing can transform your **body, mind & spirit**.

Come to **awaken, explore, and embody** your potential.

www.yogaunionbali.com





YOGAUNION BALI

OUR MISSION

At **YogaUnion**, breathwork is not about performance.

It's about **creating spaces** where people can feel, express, and reconnect to themselves in a way that feels real and supported.

In these spaces, nothing needs to be forced, and nothing needs to be hidden; the body is included, **emotions are welcome**, and **presence matters** more than **perfection**.

Here, you're seen, held, and never alone. You'll find your people, your circle where it **feels safe** enough to soften, to grow, to feel, to just BE.

This is more than breathwork. It's a **movement**, a **tribe**, a return to your wild, brave self, alongside others who are walking a similar path.

This is YogaUnion, where you find yourself and your forever tribe.



THE COURSE

Our 200h Trauma-Informed Somatic Conscious Connected Breathwork Training blends modern breath science with somatic practices and trauma-informed facilitation, but at its **core, the focus is on intentional breathwork: a structured and deeply experiential program** that brings together theory, practice, and real facilitation, supported by a dedicated team with years of experience.

Throughout the training, you will:

- **build a clear understanding** of breath, body, and the nervous system
- learn how to **structure and guide transformative sessions**
- **practice facilitating** in both 1:1 and group settings
- work with real, **meaningful human themes**
- **build confidence through repetition**, feedback, and lived experience

Each day includes practices that **support regulation and build capacity**, as well as space to breathe, feel, **and integrate your own experience**.

By the end, you don't leave with information alone; you **leave having moved through your own inner journey** and awakening, and with the skills to guide others through theirs.

After the training, you'll **receive 6 months of ongoing virtual mentorship**, including Q&A, analysis of real-life cases you encounter, and practical and business advice so you can **continue integrating, refining, and growing** into your role as a facilitator, with support along the way.



YOGAUNION BALI

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OUR FOCUS

What we will focus on:

- Building a **solid foundation in trauma-informed Somatics CCB practice**
- Developing confidence in **guiding both 1:1 and group sessions**
- Integrating functional breathing, Conscious Connected Breathwork, and somatic unwinding practices
- **Understanding the nervous system** and learning how to support emotional release
- Balancing **daily practice, theory, and direct experience**

At the heart of this training lies your empowerment to become a breathwork facilitator, learning to lead **1:1 and group sessions** with confidence. Through hands-on experience and feedback, you'll learn to hold safe, transformational spaces rooted in clarity and compassion.

Working with elements such as **sound, music, voice, and rhythm**, you'll learn how to support each journey supported by curated playlists.

You will **Master Sacred Space Holding**, using intention, embodied presence, and ritual. Throughout the training, there is a strong focus on integration – both for your own personal growth and so that you can support others along their healing journey.

Through **workshops, journaling, sharing, and grounding practices**, you'll learn how to support processes not only in the moment but in a way that can be digested and lived beyond each session.

Most importantly, this journey **begins with your own healing, cultivating embodiment, experience, and integrity**, the essence of authentic trauma-informed spaceholding.



REQUIREMENTS & CONTRAINDICATIONS



No prior experience with Conscious Connected Breathwork (CCB) is required, though **we recommend trying at least one professionally facilitated session beforehand**, so you have a felt sense of the practice and whether it's for you. Familiarity with yoga, meditation, or embodiment practices can also be supportive.

While this training is trauma-informed and grounded in nervous system awareness, it is **not a substitute for therapy, medical treatment, or psychological care**. By enrolling, you agree to take **responsibility for your well-being**.

CCB is a powerful practice and **might not be suitable** if you currently have, or have a history of:

- **Cardiovascular conditions** (including high blood pressure, heart disease)
- Epilepsy or **history of seizures**
- **Glaucoma** or retinal conditions
- Severe asthma or **respiratory conditions**
- **Recent surgeries** or significant physical injuries
- **Pregnancy** (especially first and third trimester)
- **Severe mental health conditions** (including psychosis, schizophrenia, dissociative disorders, and severe PTSD)

That being said, there are possible modifications if you have any of these contraindications. We ask that you consult with your doctor for clinical guidance.



YOGAUNION BALI

OUR DAILY SCHEDULE

07:15–8:00	PERSONAL PRACTICE & REFLECTION
8:00–9:30	FUNCTIONAL BREATH AND EMBODIED MOVEMENT PRACTICE
9:30–10:30	BREAKFAST
10:30–12:30	IN DEPTH & LEARNING
12:30–13:30	LUNCH
13:30–15:30	WORKSHOPS
15:30–16:00	BREAK
16:00–17:30	BREATHWORK JOURNEYS & OTHER PRACTICES
17:30–18:15	SHARING CIRCLES
18:15–19:15	DINNER

WHAT YOU CAN EXPECT

Each day begins with your personal **morning practice**, followed by **functional breath fundamentals and practice, somatics & embodiment practices, and Yoga Flows**.

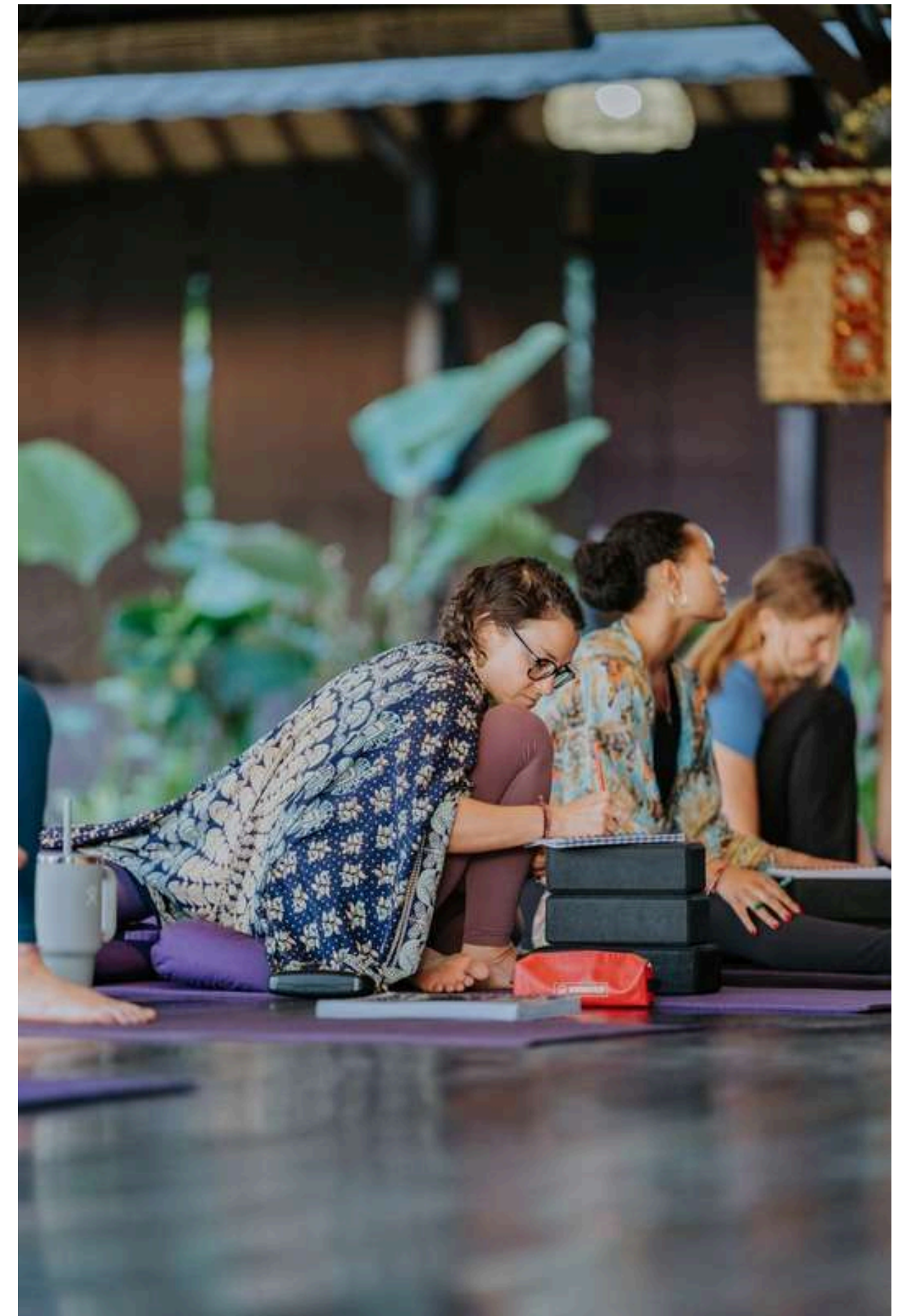
From there, the days unfold with a balance of **theory and experience**.

After breakfast, **dive deep into theory and facilitation skills**. Afternoons shift into the experiential: **applied workshops, Conscious Connected Breathwork journeys, and peer facilitation**.

Step by step, you'll start **guiding sessions, building confidence, refining your voice, and learning** how to create a strong and safe space to stay present with what arises.

By the final week, you'll guide a full group session to your peers, embodying your role as a facilitator.

**During training, you will practice facilitation for both 1:1 and group sessions. Since becoming a quality facilitator only occurs with real-world practice, you will receive your facilitation certificate upon completion of 1:1 and group case study sessions you complete after finishing the on-site training.*





BREATH & EMBODIMENT

Each morning **begins with your own reflection, journaling, and meditation practice**, before coming together to practice **regulating or energizing breathwork**, 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 your functional breathwork, you'll **move into an embodiment class**, weaving together somatics, yoga, or mindful movement with meditation.

These practices are **designed to awaken the body, gently ground the nervous system, and bring you into deep connection** with presence.

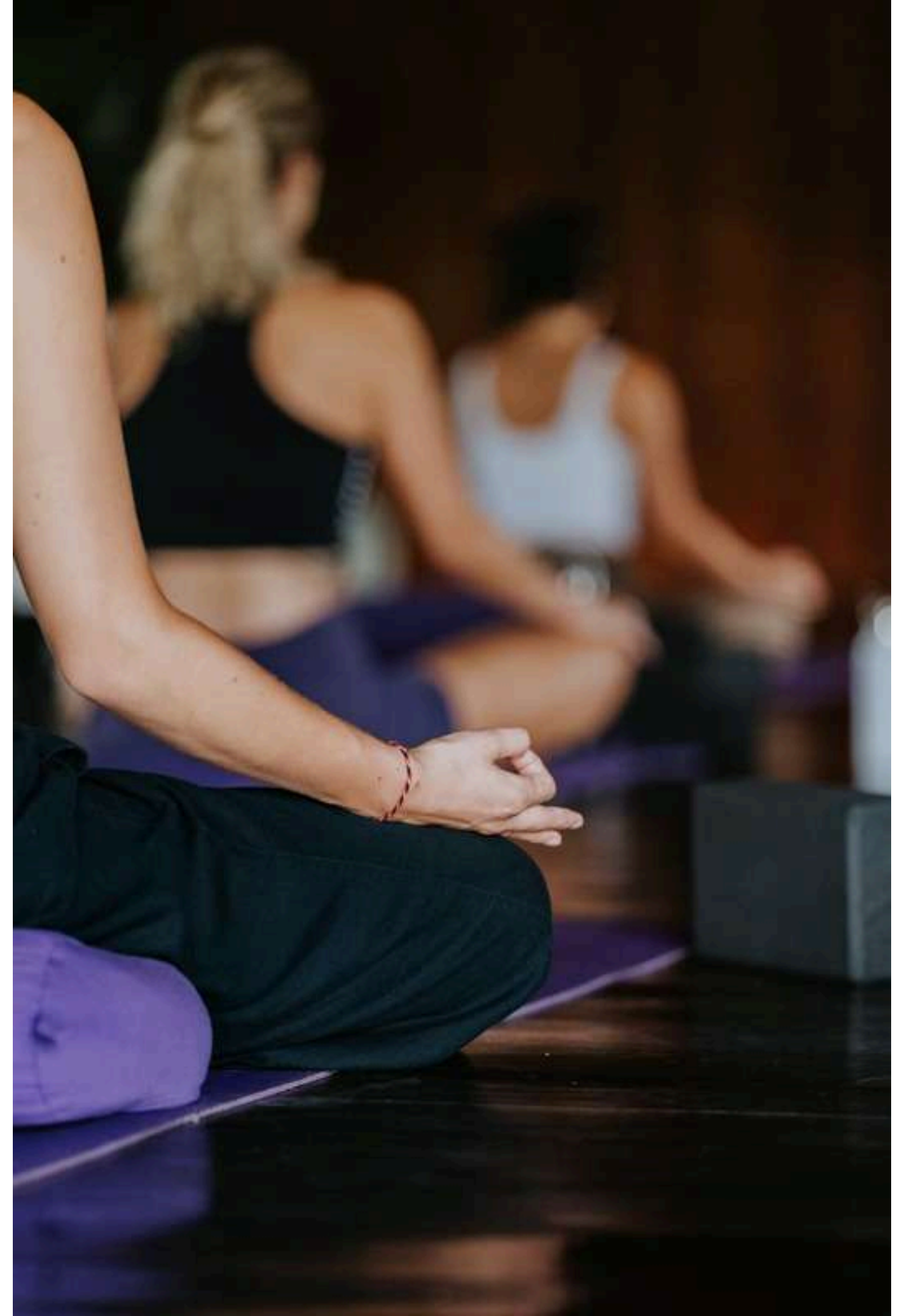
Through this **consistent rhythm**, mornings become a sacred ritual, aligning breath, body, and mind in preparation for the **transformative work ahead**.

IN-DEPTH & LEARNING

After breakfast, the focus shifts to **theory & integration**, grounding your practice with knowledge and awareness. You'll study the **nervous system**, the **anatomy of breath**, and diverse **styles of breathing**, exploring how they shape physical and emotional states.

From there, you'll explore **somatics** and the **felt sense, what arises in the body** during breathwork — from physical sensation to emotional release — and the **trauma-informed principles** that keep the space safe.

The focus then deepens into **creating and holding safe space**: building the container, cultivating presence and self-regulation, **shaping verbal and musical arcs**, designing **theme-based sessions**, and **guiding full sessions** from opening through integration. The final week covers **hands-on and energetic assists**, the **client-facilitator relationship, ethics, and scope of practice** – bringing professional clarity and integrity to your work.





The afternoon workshops bridge theory and direct experience. **Each session grounds the morning's teaching in the body – so that what you study, you also feel, practice, and begin to facilitate.**

You'll explore parts work, felt-sense awareness, and inner child work, **moving through core themes that breathwork consistently opens** – grief, anger, shame, purpose, relationships, self-worth – not as abstract ideas but as lived processes. **You'll also develop hands-on facilitation skills:** connecting exercises, playlist curation, framing and guiding a session, physical and energetic assists, and working through real-world ethical scenarios.

These sessions are where your deepest personal work and your most practical training meet.

AFTER LUNCH ARE FOR
WORKSHOPS

BREATHWORK JOURNEYS, PEER FACILITATION & INTEGRATION

Throughout the training, you will engage in **Conscious Connected Breathwork journeys**, each one an **opportunity to explore** your inner landscape in a direct and embodied way.

Within the first week, **journeys are guided by experienced facilitators**, allowing you to be fully held as you move through your own process, engaging in the inner work needed to safely hold space for others. As you deepen your experience and learning, you'll begin to **practice guiding each other**, integrating your learning in real time and **developing your facilitation and space-holding skills**. In alignment with the workshop themes, the **breathwork journeys will explore universal human themes**, so that both your personal experience and your facilitation are rooted in **something real, integrated, and deeply embodied**. This is what allows the work to move beyond technique and into real life.

There are **also dedicated integration days and off-time**, intentionally placed within the schedule to allow your system to rest, process, and land what has been opened.





SHARING & CONNECTION

Each day closes with a circle of **group sharing, Q&A, and community reflection**. This sacred space allows you to **integrate the day's experiences**, ask questions, and receive support.

Through **open dialogue and honest exchange**, you gain new clarity and witness different perspectives, deepening your understanding of both practice and self. These evening circles nurture a sense of **belonging & connection**, reminding you that the journey is not walked alone.

By ending each day in **community presence**, you embody the values of trust, compassion, and reflection, carrying them into the next stage of your training.



A scenic view of a tropical landscape featuring terraced rice fields. In the foreground, a young palm tree stands on the left. The middle ground shows several levels of lush green rice terraces, some of which are filled with water, reflecting the surrounding greenery. In the background, a small, traditional thatched-roof hut is nestled among dense tropical trees. The overall atmosphere is peaceful and verdant.

BOOKING & POLICIES

HOW TO BOOK YOUR SPOT

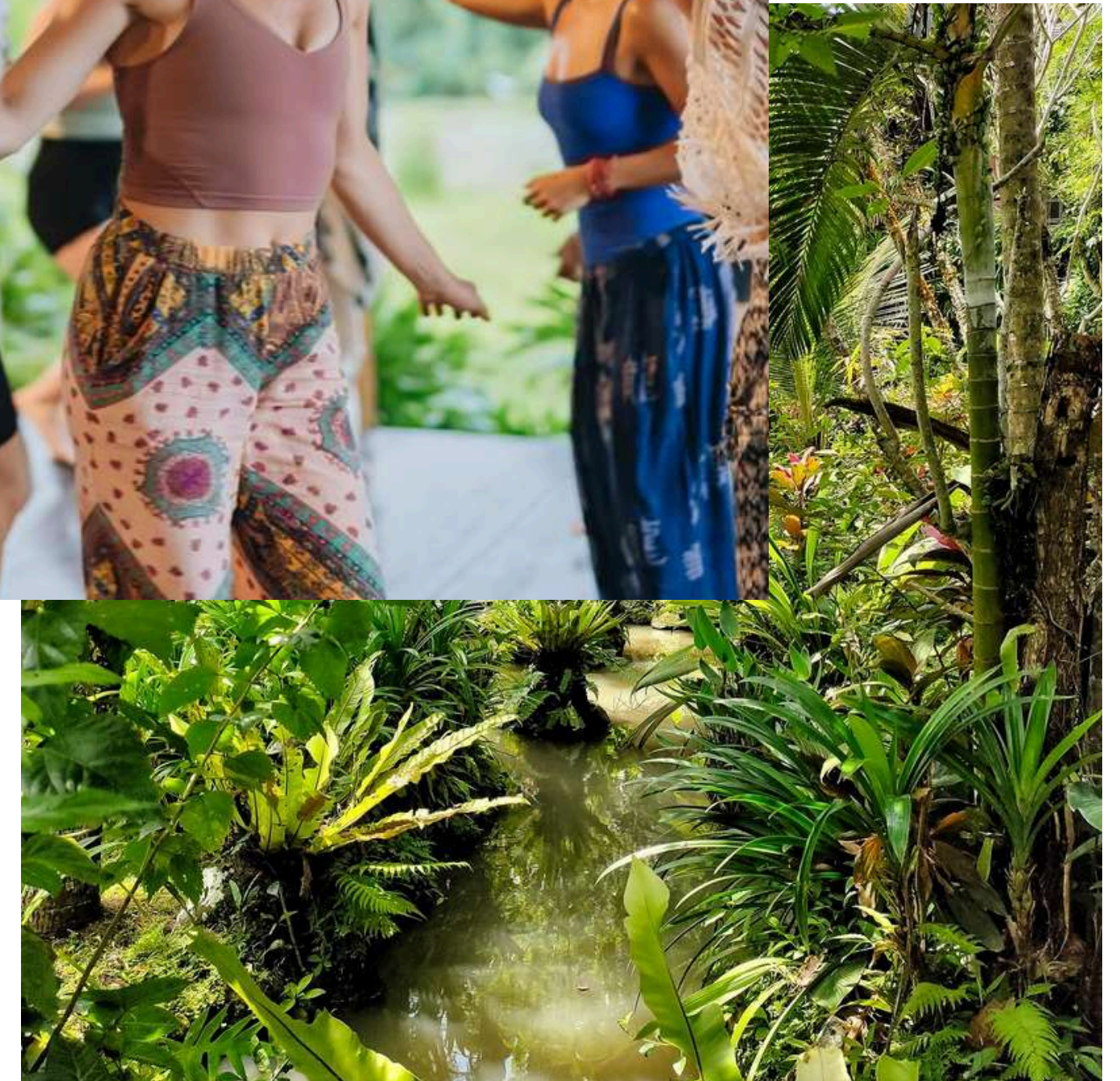
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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

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**

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 Ubud, Bali

No Accommodation	3600€
Double Room	3900€
Private Room	4200€ (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:

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, **22 immersive days** in the middle of the rice fields in Bali
- **Tuition & course materials**
- **3 vegetarian meals/day** (6 days per week)
- **Accommodation options** available
- A transformative journey of **growth & connection**

A person is performing a handstand in a lush tropical garden. The scene is set during sunset, with a warm, golden light illuminating the sky and the foliage. The person is in the center of the frame, balancing on their hands. The background is filled with various tropical plants, including palm trees and banana leaves. A small, circular pool of water is visible on the left side of the image. The overall atmosphere is serene and peaceful.

LIVING THE EXPERIENCE

THE COMPLETION



When you train with us, **you receive a certification that not only reflects your hours**, but the depth of your experience, practice, and integration.

Your practicum spaces are **observed and supported with feedback**, giving you consistent opportunities to **refine your voice, timing, and presence in a real and grounded way**.

Alongside the experiential work, **there is also a theoretical component**.

To complete the training, **you will take a final written exam**, focusing on real-life scenarios, **ensuring your practice is not only intuitive and embodied**, but also informed, responsible, and well-grounded.

To receive your facilitation certification, you must also complete:

- **Full attendance**
- **The written exam**
- **Additional 1:1 and group practice sessions**, completed post-training and documented in alignment with YogaUnion guidance
- **A book review** of a book from the suggested reading list

On completion, you'll receive a **200-hour Conscious Connected Breathwork Teacher Training Certificate**.

This internationally recognized diploma qualifies you to guide **1:1 & group sessions** with **credibility, responsibility, and confidence, both online and in-person**.

INTEGRATION & AFTER- SUPPORT

- This is a trauma-informed container and **there is space between sessions, time to pause, to integrate**, to come back to yourself.
- **Days Off:** Enjoy one **full day off weekly** (Sundays) for rest, reflection, or exploring Bali.
- **Post-Training Support:** After graduation, **receive 6 months of online mentoring** (biweekly 120-min calls) with Q&A and business guidance to support your integration and growth.





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 and breathwork shalas, 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:**

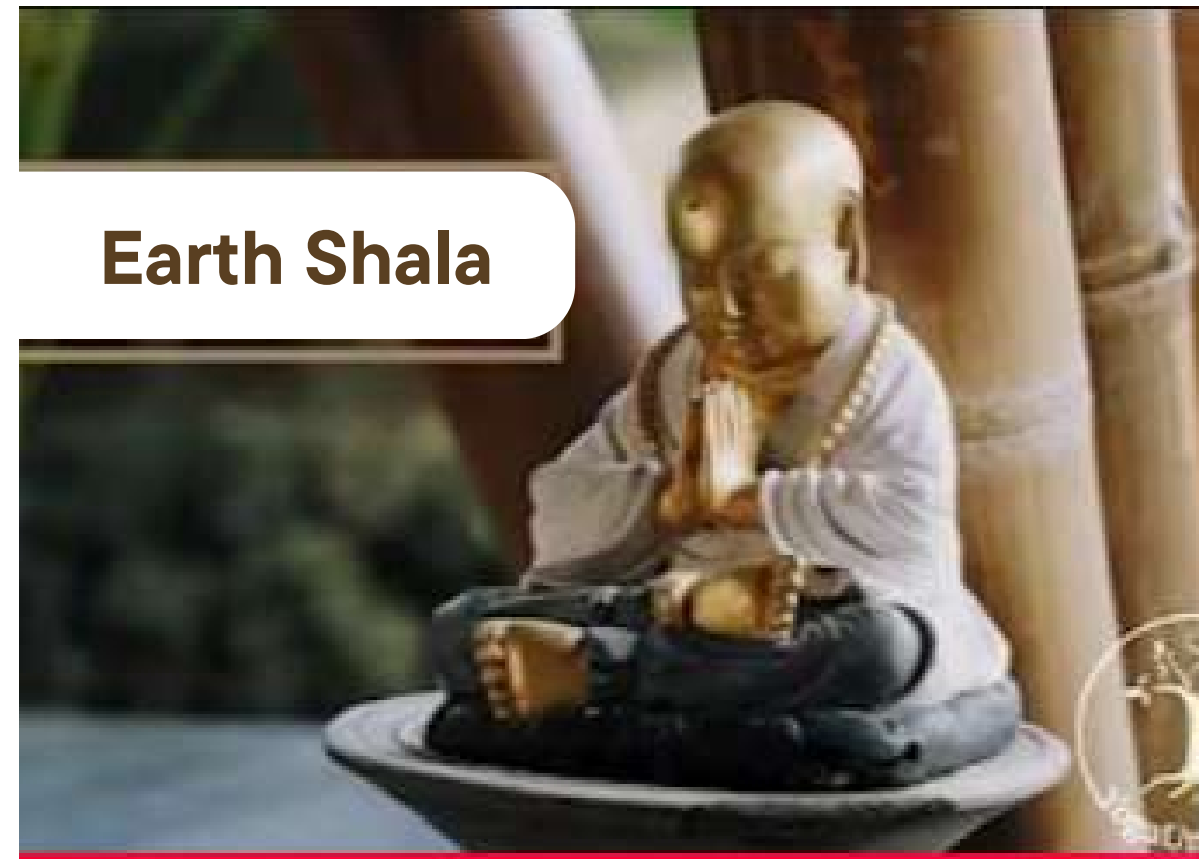
IDR **500,000** (paid directly to driver).

- **FYI, High Season (July–August):**

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

THE ACCOMMODATIONS

SHALA



Earth Shala – A round, traditional shala in a peaceful garden, perfect for a calm and grounded practice.

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 top 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](https://www.instagram.com/yogaunionbali)

 www.yogaunionbali.com

 [yogaunionbali](https://www.tiktok.com/yogaunionbali)

 [+62 812-3715-4225](https://wa.me/6281237154225)

 [@yogaunionbali](https://www.youtube.com/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



- [+62 812-3715-4225](tel:+6281237154225)
- Jl. Subak Sok Wayah, Ubud, Kabupaten Gianyar, Bali 80571
- training@yogaunionbali.com
- www.yogaunionbali.com