

YOGA UNION

50H PHILOSOPHY IN BALI



YogaUnion Bali

YOGAUNION BALI 50H

Dear Yogi,

Are you ready to take the next step on your journey?

This immersive **50-hour Philosophy Training** invites you to explore the heart of yoga , beyond the poses and into the wisdom that underpins them.

You'll journey into how ancient yogic teachings still inform our modern lives, and you'll receive tools to not only understand your practice, but to live it with **intention, clarity, and purpose**.

Whether you're a teacher or an experienced **practitioner**, you'll open doors to new **perspectives**, deepen your inner inquiry, and emerge with a strong foundation to guide **yourself** and **others authentically**.

www.yogaunionbali.com





YOGAUNION BALI

OUR MISSION

At **YogaUnion Bali**, our mission is rooted in creating a space where **authentic connection**, **deep learning**, and **genuine growth** converge.

We believe that yoga is more than movement; it's a pathway into **self-realization**, **lifelong learning**, and community.

In this Philosophy Training, we carry that mission forward by bridging classical Indian wisdom with contemporary life.

We support each participant in becoming not just knowledgeable but **embodied**, ready to share and live yoga with **integrity**, compassion, and purpose.





YOGAUNION BALI

OUR COURSE

This **Philosophy Training** is a **deep dive into yogic thought**, designed to support your **inner growth** while giving you **practical tools** to share and integrate.

Over **50 hours**, you'll explore **major yogic schools**, **Ayurvedic principles**, and **sacred teachings** from texts like the **Bhagavad Gita**.

You'll engage in **conversation, reflection, and embodied practice**, surrounded by the **serene setting of Bali**, where philosophy meets lived experience.

By the end, you'll gain a **strong personal foundation** and the ability to **weave philosophical insights** into your **life, teaching, and daily presence** with depth and authenticity.

YOGAUNION BALI

OUR FOCUS

Our focus lies in translating timeless yogic philosophy into lived experience. You'll examine concepts like the **Six Classic Schools (Shad Darshan)**, **Sankhya vs. Yoga**, and **Purusha & Prakriti**.

You'll connect these ideas to your body, breath, and mind through embodied practices and reflection.

Additionally, we explore systems such as the **Panch Koshas**, **Panch Vaayus**, **Chakras**, and cleansing techniques known as **Shatkarmas**.

You'll ground these teachings in the framework of daily life, through Ayurvedic rhythm, ethical living, and inquiry into purpose and direction.





YOGAUNION BALI

OUR TEACHER

AAKANKSHA

Aakanksha grew restless in conventional life and found deep meaning through **yoga philosophy**.

After becoming a **500 RYT**, she has taught **Hatha, Restorative, Vinyasa** and **Yin** styles, specialising in **Pranayama** and embodying philosophical teachings at their roots.

Passionate about **meditation, embodied practice** and the rich tapestry of **yogic philosophy**, she now serves as the **Head Philosophy Teacher** at Yoga Union Bali.

Her work invites students into real conversations, deep inquiry, and **transformative learning** with clarity and heart.



DAILY SCHEDULE

A person is lying on their back in a yoga class, holding a spiral-bound notebook. The notebook is open to a page titled "THE VERTEBRAL COLUMN" which features a diagram of the human spine. The diagram is divided into three main sections: "cervical vertebrae (C1-C7)", "thoracic vertebrae (T1-T12)", and "lumbar vertebrae (L1-L5)". Each section has a corresponding illustration of the vertebrae. The person's hands are clasped together, and they are wearing a black yoga top. The background is slightly blurred, showing other people in the class.

YOGAUNION BALI

OUR DAILY SCHEDULE

Each morning starts at **06:30** with grounding **Pranayama and Hatha Yoga**, designed to **awaken your body** and **mind**.

After a nourishing **09:00 breakfast**, you move into **10:45–13:15** sessions of **Philosophy study** and **Sharing Circles**, unpacking core texts, worldviews and yogic frameworks through discussion and reflection.

Following lunch, you'll **engage** in further **theory** or **embodied sessions** until early evening, concluding with **meditation, journaling** or optional **practices**.

One full day off per week allows for **reflection, rest** or local exploration.

YOGAUNION BALI

THE OVERVIEW

- **Daily pranayama & Hatha Yoga** to awaken body and breath.
- **Immersive** workshops in **yogic themes, classical texts & embodied reflection**.
- **Thought**-provoking sessions on **philosophy and anatomy** to tie body awareness to intention.
- **Practical labs** designed for **real-life application and peer learning**.
- Integration of **storytelling, dialogue and personal practice** to develop your unique voice.
- **Supportive** environment combining **structure, reflection, and authentic community**.
- **Training Style:** Philosophy Immersion
- **Food:** Vegetarian, Plant-based
- **Skill Level:** All Levels
- **Location:** Ubud, Bali
- **Duration:** 7 days / 6 nights accommodation included
- **3 meals** per day
- **Onsite:** 50 hours
- **Group Size:** 15-25 people

You'll leave this course with **clear understanding, embodied wisdom**, and the ability to **translate yogic philosophy into meaningful, heart-centered experiences**, both in your own life and in how you guide others.



WHAT YOU CAN EXPECT

- Daily opening with **pranayama and grounding yoga** to centre your awareness.
- Interactive, relatable lectures and discussions on **Indian philosophy and yogic worldviews**.
- A balanced blend of **embodied practice, reflection and dialogue** in a supportive group.
- Small-group settings (15-25 students) in a transformative retreat environment in Ubud, Bali.
- Vegetarian, plant-based meals dedicated to nourishing **mind and body** throughout your stay.
- **Certification:** Yoga Alliance-recognised 50-hour credential for Registered Yoga Schools (RYS).





WHAT YOU WILL EXPERIENCE

You will experience a **profound** shift from learning yoga to **living yoga**.

You'll move beyond memorisation of texts into true **self-inquiry**, engage in **meaningful discussion**, and witness how **ancient teaching** still matters today.

You'll be part of a **caring** and **curious community**, where you are encouraged to ask questions, share **your story** and step deeper into your own purpose.

This **training** is not just **professional**, it's **personal**: you'll leave with greater **clarity**, **presence**, and the ability to share yoga with authenticity and wisdom.



YOGAUNION BALI

WHO IS IT FOR?

This course is designed for yoga teachers **wishing** to **add meaningful substance** to their classes, **practitioners** looking to **deepen** their **understanding** of **yoga's roots**, and seekers **navigating life transitions** who wish to explore **purpose and presence**.

Whether you are looking to **enrich** your **teaching** or simply to **live yoga**, you'll **gain philosophical insight**, embodied **awareness** and tools to move forward with **intention, integrity** and **confidence**.

REQUIREMENTS

Come as you are. Dive in fully. This space is for you.

Open to All Levels

No philosophy background? No problem. This course is made for the curious, the devoted, and the deep divers. Whether you're a yoga teacher, a passionate practitioner, or someone on a path of personal growth, you're 100% welcome here.

English-Friendly Learning

We're an international crew! All sessions are in clear, conversational English. If you're comfortable speaking and understanding everyday English, you'll feel right at home in our group discussions and teachings.

Full Presence Required

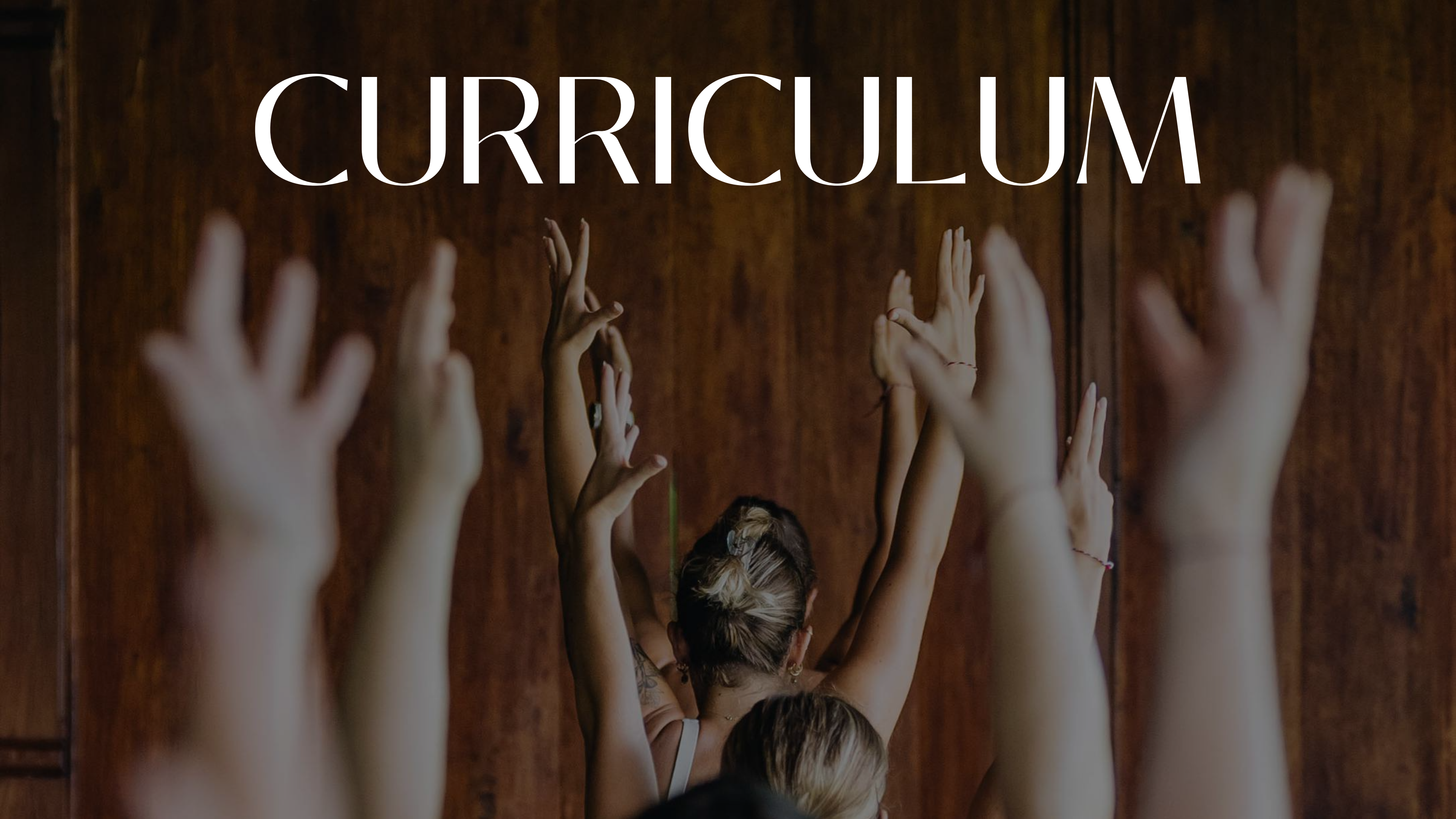
This is more than just a training, it's a journey. To receive your certification (and truly soak in the experience), full participation in all classes, reflections, and group sessions is essential. Every moment is part of the magic.

No pressure to be perfect, just come ready to learn, connect, and expand.

Ready to show up fully.



CURRICULUM





PHILOSOPHY

CURRICULUM IN DEPTH

- **Sankhya Philosophy:** Explore the **dual nature of reality** through **Purusha and Prakriti**, and understand how the **three Gunas** shape consciousness and behavior.
- **Evolution of Yog:** Trace yoga's journey from the **Vedic era to modern practice**, revealing how time and consciousness guide its timeless purpose.
- **Four Paths of Yoga:** Discover the balance of **action, wisdom, devotion, and meditation** through the four classical yogic paths to liberation.
- **Yoga Sutras of Patanjali:** Learn the **Eight Limbs of Yoga** and the **path of self-mastery**, understanding the mind and its transformation.
- **Yogic Cleansing – Shatkarma:** Practice ancient **cleansing techniques** like **Neti, Nauli, and Kapalabhati** to purify body and mind.
- **Ayurvedic Principles:** Study the **Tridoshas** and rhythms of nature to create harmony between **body, mind, and lifestyle**.
- **Chakras & Energy Centers:** Explore the **seven chakras**, awakening energy flow and emotional balance through awareness and breath.
- **The Bhagavad Gita:** Reflect on **Karma, Dharma, and self-awareness**, finding clarity and peace through purposeful action.

SANKHYA

PHILOSOPHY

Step into the origins of **Indian philosophy** through the lens of **Sankhya**, the foundation of yogic thought. This system explains the **dual nature of reality**, the eternal **Purusha (consciousness)** and **Prakriti (matter)**, and their dynamic interplay that creates existence.

You'll explore how these forces influence life, perception, and spiritual evolution. Through the study of the **three Gunas**, **Sattva (clarity)**, **Rajas (activity)**, and **Tamas (inertia)**, you'll understand how our mental and emotional states shape behavior.

Sankhya provides the **intellectual and metaphysical grounding** for yoga, helping you recognize the difference between the **unchanging Self** and the ever-shifting world around you.



EVOLUTION OF YOG

Trace the **evolution of yoga** from its Vedic roots to the practices we know today. You'll study how yoga developed through the **Vedic period, classical era, and modern adaptations**, learning how each era contributed to shaping yoga's purpose and techniques.

The concept of **Yug (cosmic time cycles)** , **Satya Yuga, Treta, Dwapar**, and **Kali Yuga** , offers deep insight into how consciousness and values shift across ages.

his understanding enriches your practice with historical and spiritual context, revealing yoga as a **living tradition** that adapts while preserving its core essence of self-realization.

he study of yoga's evolution bridges **ancient wisdom and modern relevance**, showing that yoga is timeless because it continues to evolve with humanity.





FOUR PATHS OF YOGA

Discover the **four classical paths** that guide spiritual evolution and liberation.

- Through **Karma Yoga (path of selfless action)**, you learn the art of offering effort without attachment to results.
- **Jnana Yoga (path of wisdom)** invites reflection and inquiry to dissolve illusion and reveal truth.
- **Bhakti Yoga (path of devotion)** cultivates surrender, love, and divine connection,
- while **Raja Yoga (path of meditation)** focuses on mastering the mind through disciplined practice.

Together, these paths provide a complete spiritual map , allowing each person to choose the way that resonates with their nature.

By exploring them, you'll see how **action, knowledge, devotion, and stillness** unite to create an integrated path toward **inner freedom** and conscious living.

YOG DARSHAN & PATANJALI'S YOGA SUTRAS

Study the **Yoga Sutras of Patanjali**, one of the most profound philosophical texts ever written. This system of **Yog Darshan** outlines the mechanics of the mind and the journey toward liberation.

You'll examine the **five states of Chitta (mind)**, the **Antarayas (obstacles)**, and the **Panch Kleshas (five causes of suffering)**, including ignorance, ego, and attachment.

The teachings of **Ashtanga Yoga (Eight Limbs)**, **Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi**, provide a complete roadmap for inner transformation.

You'll also explore the **Panch Kosh (five layers of being)** and **Panch Vayu (five vital energies)**, integrating philosophy with embodiment.

This exploration deepens both your understanding and your experience of **yoga as a state of being**, not just a practice.



YOGIC CLEANSING SHATKARMA



Cleanse the body and mind through the powerful practices of **Shatkarma**, the six purification techniques of Hatha Yoga.

These include **Neti (nasal cleansing)**, **Dhauti (digestive cleansing)**, **Nauli (abdominal churning)**, **Basti (colon cleansing)**, **Kapalabhati (frontal brain cleansing)**, and **Trataka (focused gazing)**.

You'll learn their **benefits, precautions, and correct techniques**, understanding how purification supports clarity, vitality, and concentration.

Shatkarma is not only physical but also energetic , removing blockages that hinder the flow of **Prana (life force)**.

These ancient methods serve as preparation for deeper practices of meditation and breath control, bringing balance to the body and stability to the mind. Through these cleansing rituals, students experience a renewed sense of **lightness, focus, and inner harmony**.

AYURVEDIC PRINCIPLES

Discover the ancient **science of Ayurveda**, yoga's sister discipline and guide to holistic living. You'll learn the concept of **Tridosha** , **Vata, Pitta, and Kapha** , which represent unique mind-body constitutions and their imbalances.

This study includes the **Ayurvedic clock**, showing how daily and seasonal rhythms influence digestion, mood, and energy, as well as the **TriStambh (three pillars of health)** , **diet, sleep, and sensory moderation**.

You'll explore **Dincharya and Ratricharya**, ideal daily and nightly routines for maintaining balance and vitality.

Ayurveda teaches that health is harmony , the alignment between body, mind, and nature. By applying these principles, you'll cultivate **awareness, balance, and self-care**, integrating yoga philosophy into practical, daily living.





CHAKRAS & ENERGY CENTERS

Uncover the dynamic world of **energy flow and consciousness** through the **chakra system**.

You'll study the **seven main chakras** , from the **Muladhara (root)** to the **Sahasrara (crown)** , exploring their physical, emotional, and spiritual significance.

Each chakra represents a layer of awareness and growth, guiding you toward **balance, vitality, and expansion**. You'll learn how energy moves through the **Nadis (subtle channels)** and how breath, sound, and movement can harmonize the flow.

This study deepens your understanding of the **energetic anatomy** of yoga, bridging the physical and metaphysical. By aligning the chakras, you'll cultivate a stronger sense of **wholeness**, allowing energy to circulate freely and supporting both **healing and higher consciousness**.

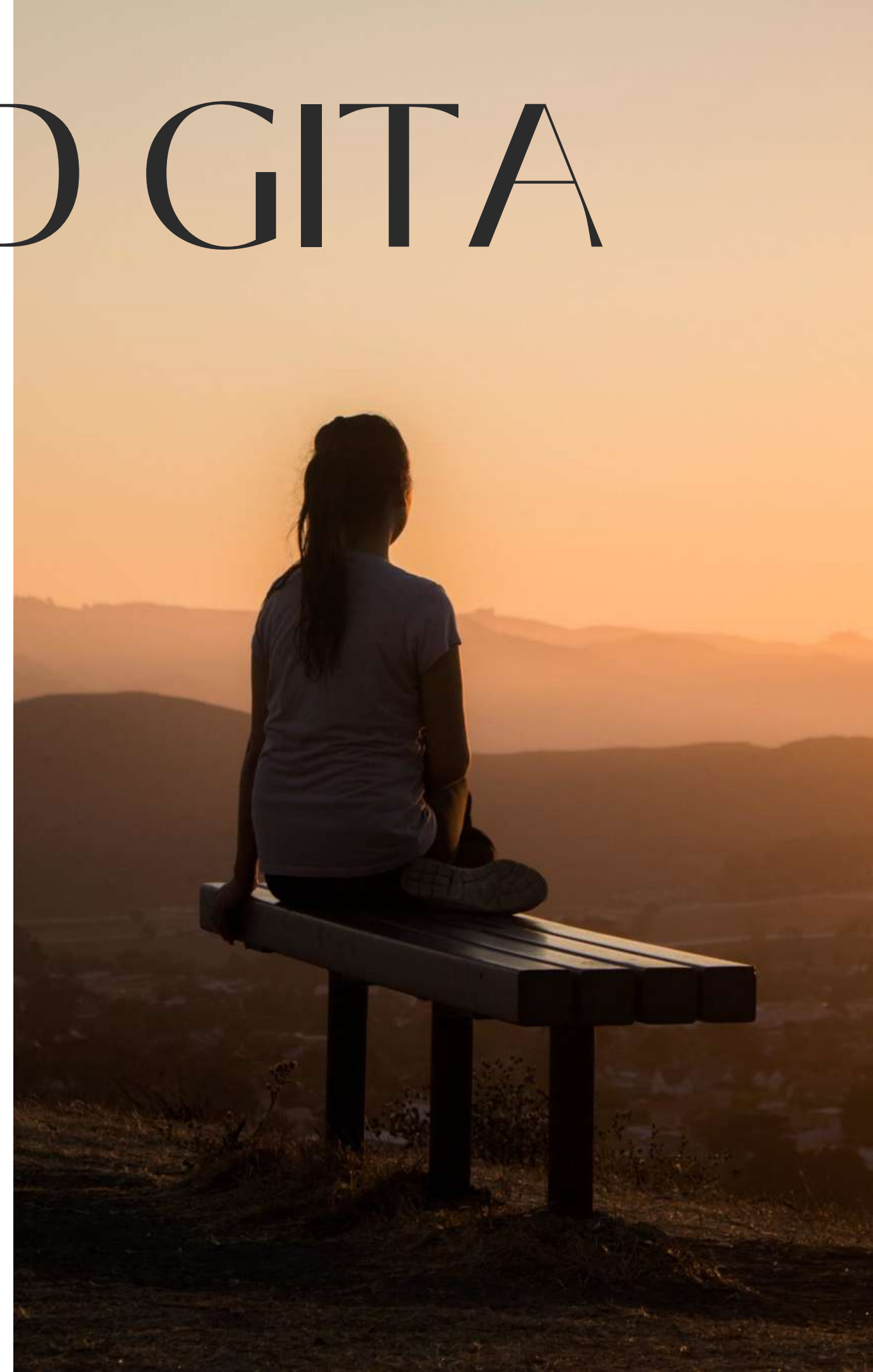
THE BHAGAVAD GITA

INNER WISDOM

Explore the timeless wisdom of the **Bhagavad Gita**, one of the most revered spiritual texts in Indian philosophy.

The Gita teaches how to live with **purpose (Dharma)**, act with **integrity (Karma)**, and cultivate inner **equanimity** amidst life's challenges. You'll reflect on profound questions of duty, free will, and spiritual devotion as you uncover how ancient teachings remain deeply relevant in modern times.

The Gita guides you to find peace in action, courage in uncertainty, and clarity in selfless service. More than philosophy, it is a **manual for conscious living**, inspiring you to move through life with **wisdom, compassion, and centered awareness**. It is the heart of yogic ethics and the mirror for your soul's evolution.





BOOKING & POLICIES

HOW TO BOOK YOUR SPOT

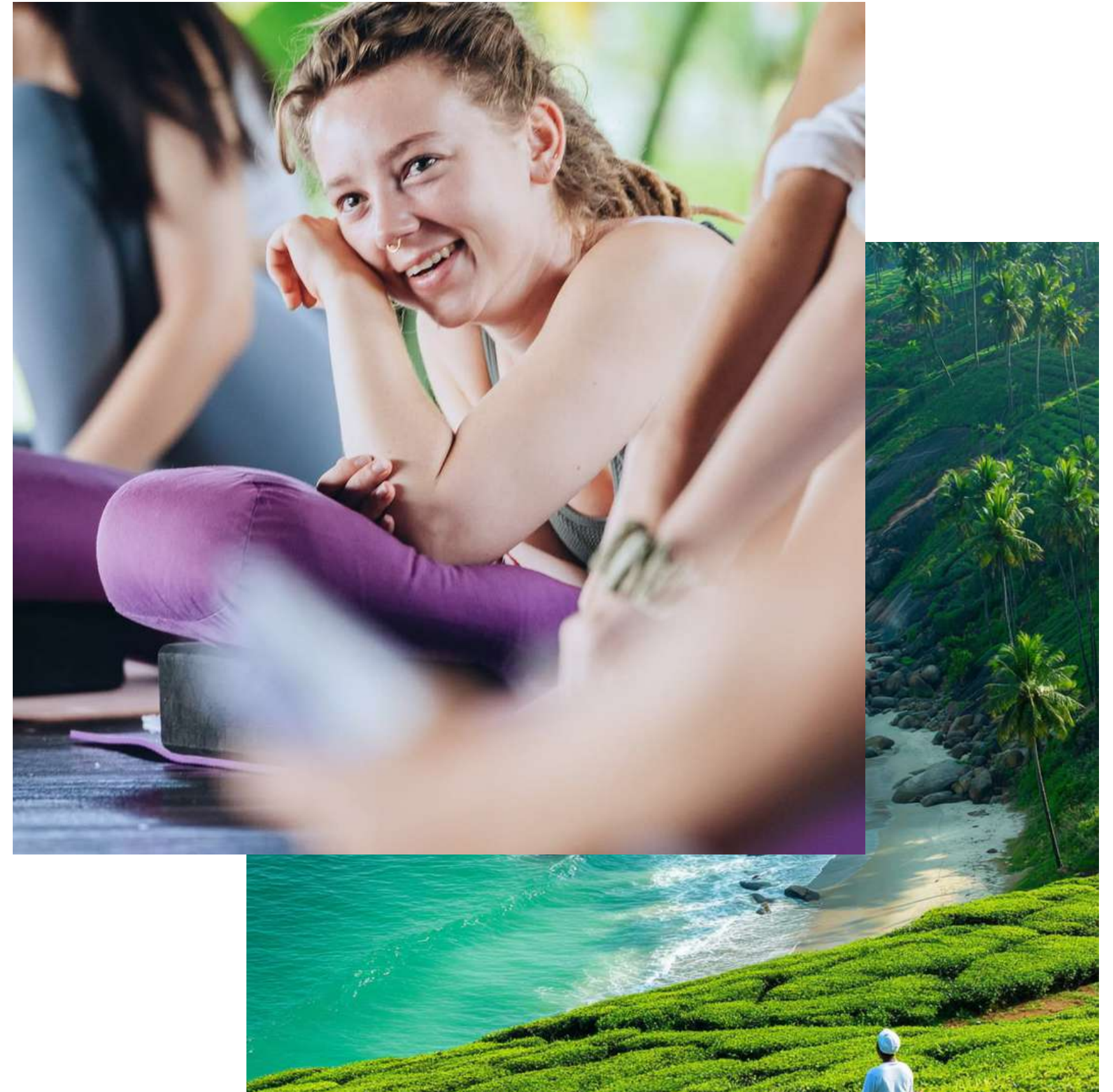
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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

MAKE A DEPOSIT



PRICES

50H – 6 nights (7 days) in Ubud, Bali

Double Room

1240€ (Best Value)

Private Room

1340€

** 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: €300 secures your spot.

The deposit is non-refundable, but fully transferable to another date.

Payment plans are available.

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.

A group of people are practicing yoga in a studio with large windows overlooking a lush green landscape. The people are lying on their backs on purple mats, performing a leg stretch. The text "LIVING THE EXPERIENCE" is overlaid in white serif font.

LIVING THE EXPERIENCE

PASS THE EXAM

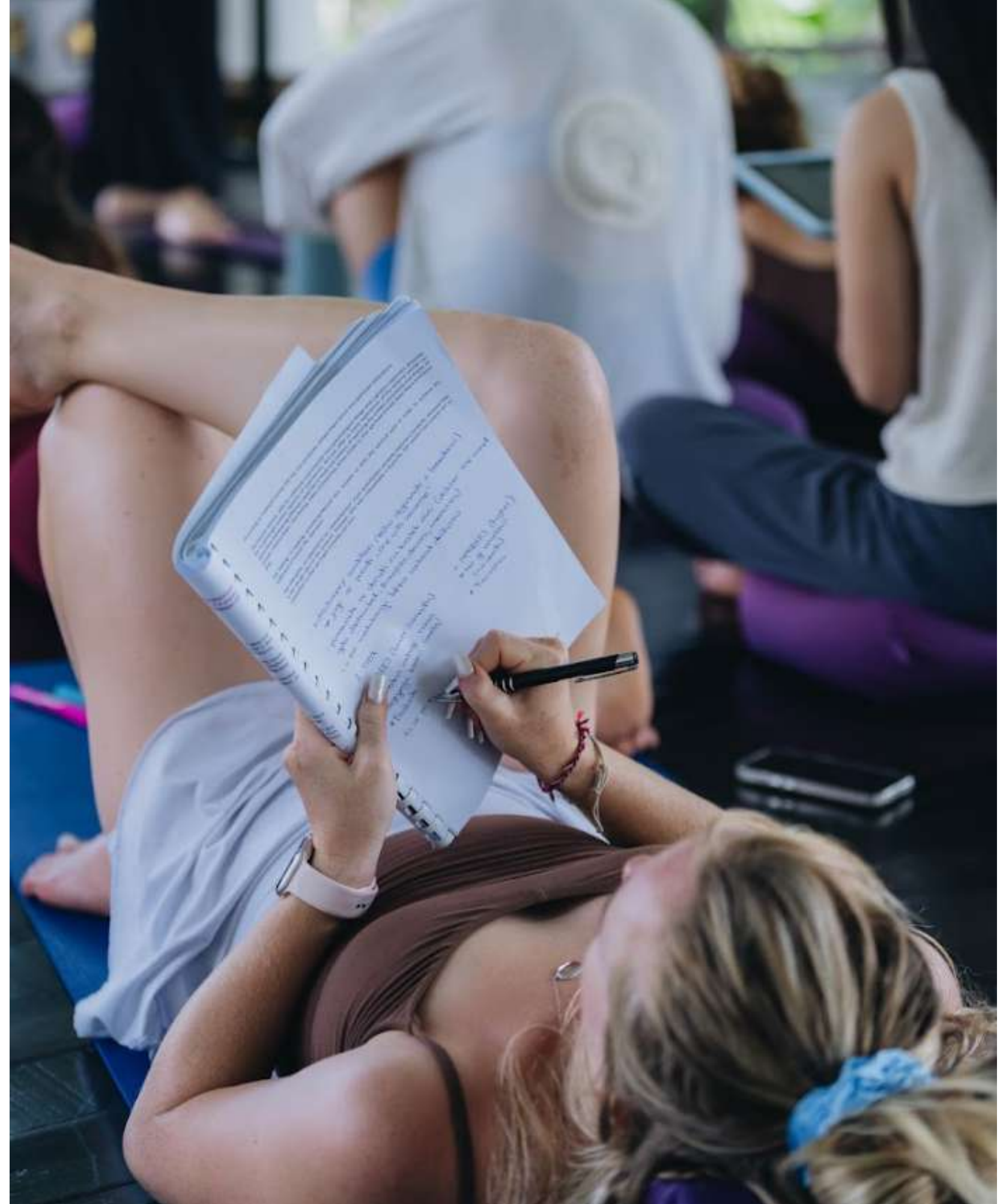
Written Assessment:

No pressure, just **reflection**. Instead of a practical exam, you'll complete a written assessment where you'll **explore** how to **bring philosophical concepts** into your own **life** and **teaching**.

What You'll Take Away:

This training gives you a **solid philosophical foundation** that will enhance your practice and teaching. You'll walk away with a **deeper connection** to the roots of yoga, sharper **reflection skills**, and the **confidence** to share these **teachings** with **your community**.

We can't wait to be part of your journey and guide you on this transformative adventure!



DIPLOMA



Upon successful completion, you will receive a Yoga Alliance-recognized 50-hour certification, affirming your dedication and readiness to teach or share yogic philosophy with clarity and heart.

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

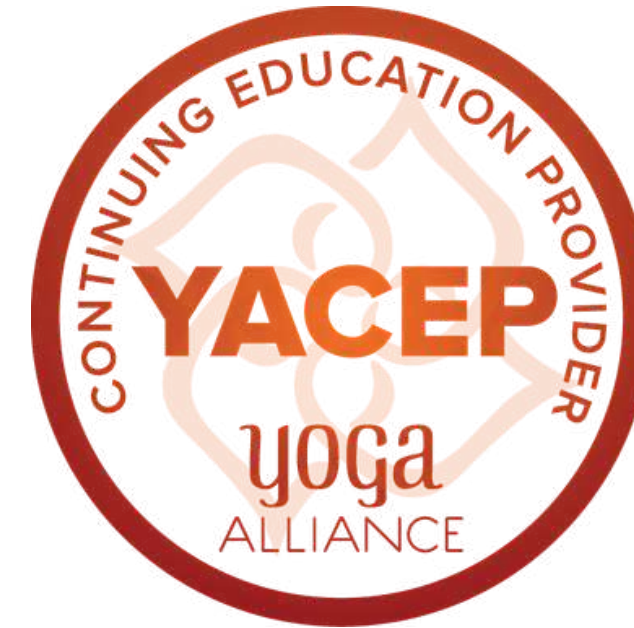
At YogaUnion, we believe that the decision to **teach or not teach** is secondary. What truly matters is the **inner transformation** this journey brings.

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 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.

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.



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

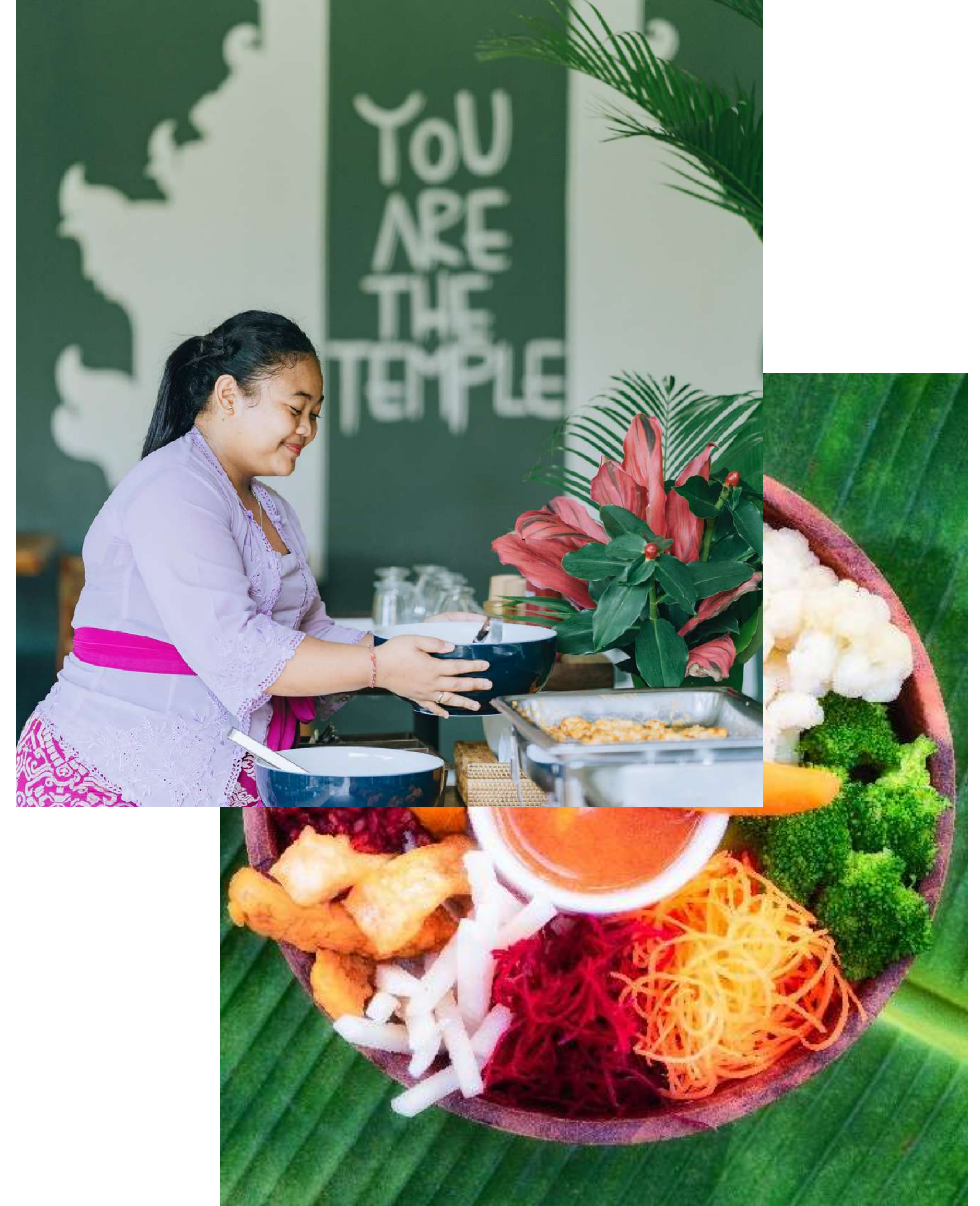
NUTRITION

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

 www.yogaunionbali.com

 [yogaunion.bali](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



YogaUnion Bali

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