

YOGA UNION

50H ART OF ADJUSTMENTS YTTC
IN GREECE



YogaUnion Bali

YOGAUNION GREECE

50H

ART OF ADJUSTMENTS YTTC

Dear Teacher,

Are you ready to **refine your teaching** and **elevate your touch**?

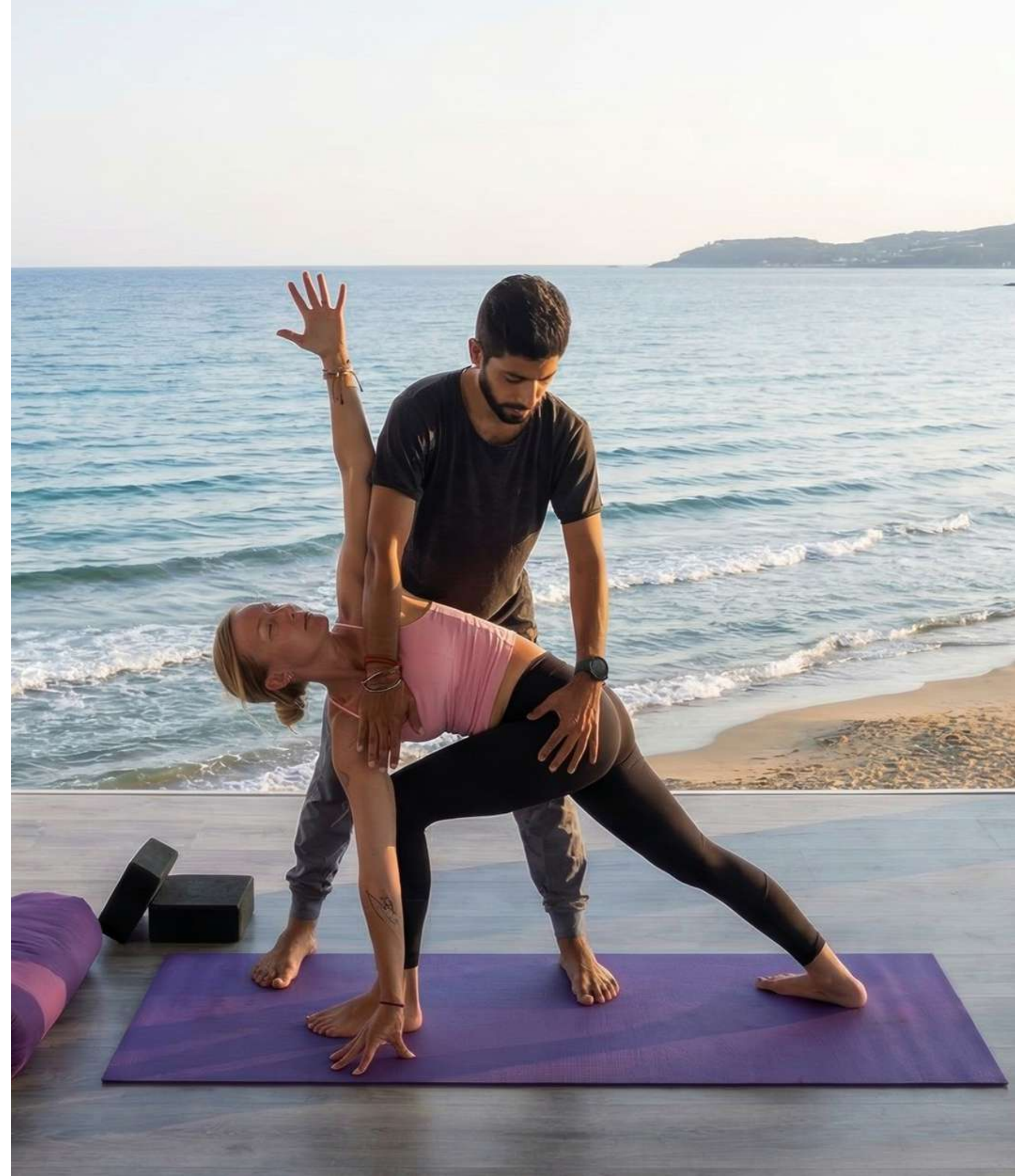
In this **6-day Vinyasa-Hatha immersion**, you'll learn the **art of safe, effective hands-on adjustments** that honor **trust, consent**, and **connection**.

Guided by **Himanshu & Gourav**, experienced international instructors, you'll explore how to **personalize each adjustment** to support your students' **individual needs**, deepen embodiment, and stabilize the **nervous system**.

Through **practice and feedback**, you'll discover how mindful touch enhances **alignment**, heightens **body awareness**, and unlocks **emotional release** while preventing injury.

Join us to **expand your confidence**, refine your **teaching presence**, and guide others with **clarity, compassion, and skill**.

www.yogaunionbali.com



YOGAUNION GREECE

OUR MISSION

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

We **learn, unlearn, break & grow** together.

On our mats we **sweat, laugh & cry** as one.
We stay **present, mindful & supportive**.

We **embrace challenge**, welcome **uncertainty** & seek **growth**.
Together, we weave **bonds that last**.

More than a group, we become a **family**, a **YogaUnion**.





YOGAUNION GREECE

OUR COURSE

Enhance your teaching skills in this **six-day Vinyasa and Hatha immersion**, focusing on **safe** and **effective hands-on adjustments**.

Learn to **personalize each adjustment** according to your students' **unique needs**, fostering **trust, connection**, and **confidence** in your teaching.

Guided by **experienced instructors Himanshu and Gourav**, this course cultivates a community where **touch is applied with consent**, care, and awareness, promoting a **deeper embodiment of Asana**.

Hands-on adjustments help **heighten body awareness**, improve **alignment precision**, **intensify poses**, and **release emotional blockages** while **reducing injury risks**.

Join us to **explore deeper expressions of movement**, **stabilize the nervous system**, and discover how **intentional touch** can transform both your **practice** and your **teaching**.

YOGAUNION BALI

OUR FOCUS

- **Master the art of adjustments** of combining **verbal and physical** adjustments to enhance student learning and retention.
- Explore **creative and effective** ways to use props.
- **Deepen your understanding** of alignment, anatomy, and safety protocols art of adjustments.
- Gain **confidence** and **sensitivity** in hands-on adjustments, addressing common **postural habits**.
- **Receive step-by-step** therapeutic art of adjustments instruction, including **benefits and cautions**.
- Learn to **read the body** and **provide effective assists** tailored to the moment.
- Understand **individual student** needs for personalized adjustments.
- **Develop skills** in cueing during adjustments and **managing group classes**.
- **Refine verbal cues** for non-contact adjusting.





YOGAUNION GREECE

OUR TEACHERS

HIMANSHU

Himanshu hails from a **traditional yoga family in India**, where he earned his **500 RYT, Bachelor's Degree in Yoga & Naturopathy**, and **Master's Degree in Yoga & Science** from **Uttarakhand Sanskrit University of India**.

Combining his **enthusiastic energy** with a **technical approach to asanas**, Himanshu inspires his students to **enhance their practice** for **long-term health, well-being, and fitness goals**.

Specializing in **Hatha, Vinyasa, Iyengar**, and **Ashtanga-Vinyasa**, he brings a **wealth of experience** across multiple yoga disciplines. He is deeply skilled in **asana theory, adjustments, and yoga alignment**.

With over **100 teacher trainings** taught throughout his career, Himanshu has been a **lead instructor at YogaUnion**, shaping countless students into confident practitioners.

His **passion, precision**, and **devotion** make him a truly **inspiring guide** on your yoga journey.

YOGAUNION BALI

TEACHING

METHODOLOGY

We **believe** that you **begin teaching** from the moment you **enter our shala**. We aim for the lessons to be confidence-building and progressive.

You'll start with **one-to-one** lessons and gradually moving to **bigger groups** of students, eventually, you will be delivering a 30 minutes class to your fellow yogis.

Through **regular feedback** by teachers and fellow students, you will have a chance to **improve as you** go along and about **finding your unique voice** and style as a teacher with the art of adjustments.

In this class you will **learn and practice**:

- **YogaUnion Vinyasa structure & principles**
- **Practice** teaching & receiving feedback
- **Learn** & practice hands-on adjustment
- **Instruction**, teaching styles, and qualities of a teacher
- **Voice projection** and floor presence
- **Planning** and structuring a class
- **Dealing with injuries** and safety precautions



YOGAUNION GREECE

YOU WILL LEARN



- **Confidently assist** in both **basic** and **advanced asanas**, including **twists, forward bends, inversions, backbends**, and **balancing poses**.
- Receive an **internationally recognized Yoga Alliance certificate** upon completion.
- Gain **confidence** in the **power of touch** and develop **clarity** in your **verbal cueing**.
- Learn **creative** and **safe sequencing**, including **warm-ups** and **counterposes** that support balanced practice.
- Master the **effective use of props** to enhance alignment and accessibility.
- Apply **precise adjustments** in both **private** and **group classes** with awareness and care.
- Explore **transformative breathing techniques** to deepen focus, stability, and connection within your teaching and practice.

YOGAUNION BALI

THE OVERVIEW

- **Yoga Class Style:** Vinyasa Ashtanga Mix
- **Food:** Vegetarian, Vegan
- **Skill level:** All Levels
- **Location:** Mitikas, Greece
- **7 days** accommodation
- **3 meals** a day
- **50h Onsite** session
- **5-20** people

Students certified with us can accredit their Continuing Education Hours with Yoga Alliance





YOGAUNION GREECE

WHO IS IT FOR?

This 50-hour program is designed for **yoga teachers, movement practitioners, bodyworkers, and wellness enthusiasts** who wish to **deepen their understanding of alignment, touch, and communication** through hands-on experience.

It's ideal for those who want to **refine their teaching, enhance their confidence** in physical and verbal adjustments, and **create safer, more connected spaces** for their students.

Whether you're a **new teacher** building practical skills or an **experienced facilitator** seeking to expand your toolkit, this course supports both **professional growth** and **personal embodiment**.

You'll leave with **clarity, presence**, and a renewed sense of **trust** in the power of mindful touch.



DAILY SCHEDULE



YOGAUNION BALI

OUR DAILY SCHEDULE

Daily mornings begin with an hour of **pranayama, meditation, and mantra chanting**, followed by an energizing **Vinyasa flow** practice.

Early afternoons focus on **deep asana study**, emphasizing **alignment, adjustments, and teaching methodology**. Students alternate between learning **Yoga Philosophy** and **Anatomy**, integrating both theory and practice.

Afternoon sessions shift toward **restorative styles** such as **Yin, Hatha, Yoga Nidra**, and specialized **workshops**, providing a balanced approach to both **dynamic and introspective practice**. Classes are taught with **high standards** of precision, yet remain **interactive, playful, and engaging**.

You'll enjoy **one day off each week**—usually **Sunday**—to **rest, reflect, or explore** the serene surroundings of **Ubud**, nourishing body and spirit alike.

YOGAUNION GREECE

YOUR TAKEAWAY

We support your learning journey with **comprehensive resources** you can integrate into your teaching and client work, including:

- A complete **Course Workbook** for reference and application
- **Guided video tutorials** for alignment, assists, and sequencing
- **Customizable class frameworks** for group and one-on-one sessions
- A curated selection of **adjustment templates** to personalize your touch
- Interactive **peer-practice guides** to refine partner and group facilitation
- A set of **breathing technique tools** to stabilize nervous system and enhance focus
- A **certificate of completion** to signal your enhanced professional capability

Each resource is designed to **empower your practice**, encourage **skill growth**, and support you in crafting **clear, safe, and inspired experiences**.





BOOKING & POLICIES

HOW TO BOOK YOUR SPOT

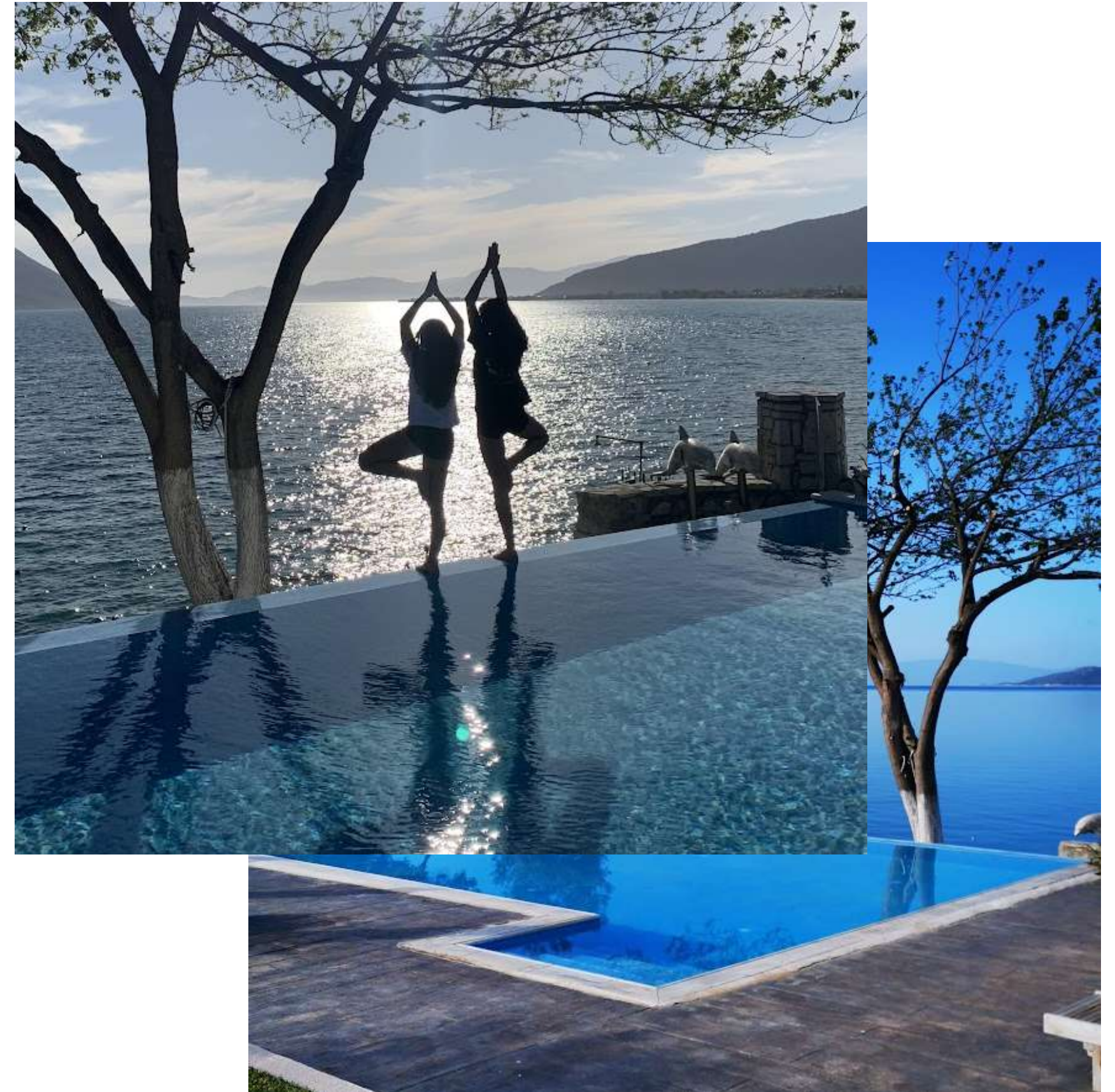
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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 Mytikas, Greece

Triple Room

990€

Double Room

1150€ (Best Value)

Private Room

1350€

** 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.

WHAT'S INCLUDED



What's Included in Your Training:

- **50h Training** in the amazing Mytikas, Greece
- **Tuition & course materials**
- **3 vegetarian meals/day** (6 days per week)
- **Yoga Alliance Certification Diploma** (50h RYT)
- **Group Size: 5-25 students**
- **Yoga Style: Yin Yoga**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**

A group of people are practicing yoga in a modern, glass-walled studio. They are standing on a wooden deck, facing away from the camera, with their arms raised in a prayer position. The studio has large glass windows that offer a panoramic view of a blue ocean and distant mountains. The floor is made of light-colored wooden planks. In the background, there are some decorative items, including a small Buddha statue and some bowls. The overall atmosphere is serene and peaceful.

LIVING THE EXPERIENCE

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**.

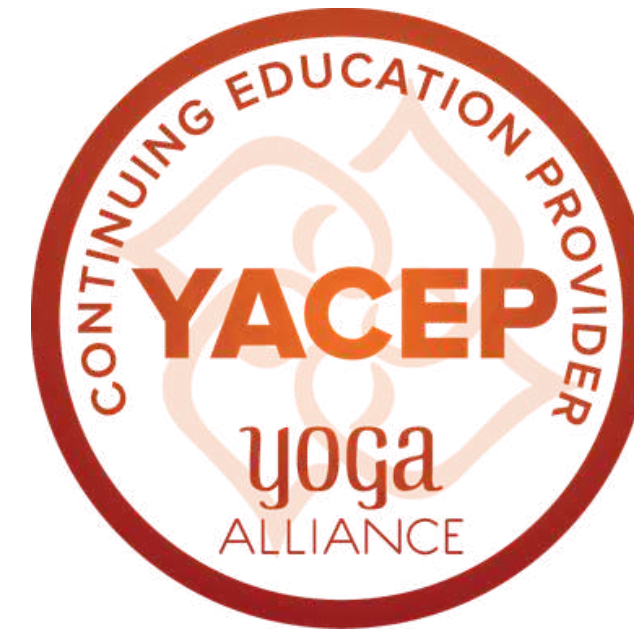
At YogaUnion, we believe that the decision to **teach or not teach** is secondary. What truly matters is the **inner transformation** this journey brings.

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 ACCOMMODATIONS

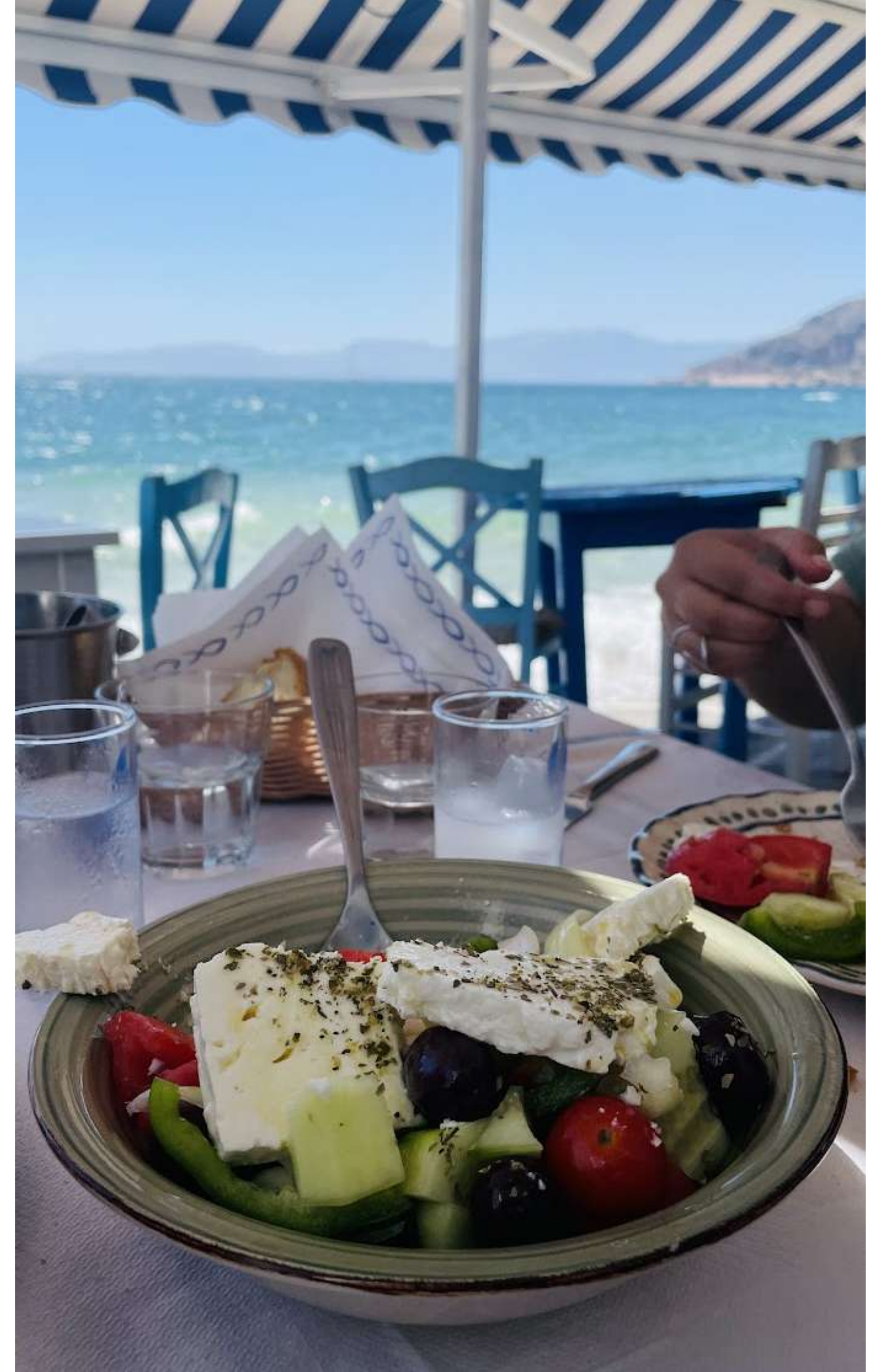
NUTRITION

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](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 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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