YOGAUNION

50H NERVOUS SYSTEM RESET TTC IN BALI

YogaUnion Bali

YOGAUNION BALI

50H

NERVOUS SYSTEM RESET TTC

Calm · Connection · Consent

Through somatic **awareness**, you'll learn to understand and **regulate** your **nervous system**.

Develop skills in, **embodied awareness**, emotional processing and practical **regulation skills** while strengthening how you **communicate**, relate, and **set boundaries**.

You'll learn **trauma-aware** facilitation, to create safer, more connected spaces, while experiencing **meaningful personal** shifts.

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

YOGAUNION BALI

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 BALI

OURCOURSE

Your nervous system is the foundation of how you experience life.

When your system feels safe, your capacity for connection, clarity, and choice expands.

CALM Regulation tools to work with stress, anxiety, overwhelm, fatigue, emotional intensity.

CONNECTION Somatic awareness, interoception, embodied practices to deepen your relationship with yourself and others

CONSENT Clear boundaries, attuned communication, safe, respectful spaces for self and others.

YOGAUNION BALI

OUR FOCUS

A Deeper, Embodied Connection to Self & Others

Experience **nervous** system regulation, somatic sessions, embodiment practices & connection in relationships with clarity & structure.

Understand & regulate your nervous system
Recognise, shift stress responses (anxiety, shutdown, overwhelm)

- Build **interoception**, body **awareness**
- Process emotions without overwhelm
- **Unwind** tension, patterns in the body
- Develop **self-regulation** and co-regulation
- Express needs and **boundaries** clearly
- **Practise consent-based** communication
- Create psychological **safety**

YOGAUNION BALI

THE PRACTICE

Nervous System & Emotional Balance

Nervous System States & Connected Patterns

Learn to **recognise** survival states (fight, flight, freeze, shutdown) and **thrive states** (safety, connection, engagement), and how they shape emotions, behaviour & perception.

Understand the **physiology** of stress, anxiety, depression and reactivity through a polyvagal-informed lens.

Develop the ability to track your state, **regulate effectively**, and shift into **supportive states**, responding with awareness, choice.

YOGAUNION BALI

SOMATIC

PRACTICES

Build a regulated, responsive, **connected relationship** with your body

Explore a direct, moment-to-moment connection with your body, learning to sense internal signals, needs, and impulses as they arise.

Develop interoception and the capacity to track, feel, and respond to your internal experience with precision.

Includes:

- **Somatic practices**, embodied movement, free-form exploration & body-listening
- **Guided awareness**, unwinding, emotional release
- **Breath/Sound** for regulation, vagal toning
- **Yoga Nidra**, deep rest, nervous system recovery & emotional integration
- **Grounding** practices to stabilise activation, overwhelm

Through movement, stillness, and active meditation, you'll learn to follow the body's signals, release held tension, and restore flow

YOGAUNION BALI

RELATIONAL SKILLS

Communication & Boundaries

Strengthen your relationships

Practise presence, listening & attunement while staying connected to your own needs.

Learn to:

- **recognise** your yes & no
- set clear, grounded **boundaries**
- **communicate** honestly about your preferences & needs
- stay **regulated** during conflict, intensity

Build relationships based on clarity, respect, consent.

There is **space to speak** your truth, listen with presence, and build genuine connections that move beyond people-pleasing, fear of conflict, and blame.

YOGAUNION BALI

TRAUMA-AWARE

Facilitation Skills

Teaching Practice & Facilitation Skills

Throughout the training, you'll practise teaching in pairs, small groups, and guided sessions.

Learn to facilitate in ways that are trauma-aware, consensual & neurodivergent-aware, with clear structure and adaptability.

Develop:

- embodied presence, attunement
- co-regulation, group awareness
- clear guidance, session flow, pacing

Receive supportive, constructive feedback from facilitators and peers to refine your skills and build confidence.

YOGAUNION BALI

THEORY &

Practice Sessions

During the week you'll explore & integrate:

- **Grounding Somatic Practices** – settle & orient to your body
- **Nervous System States** – recognise survival & thrive states
- **Self & Co-Regulation** – stabilise yourself & support others
- **Yoga Nidra** – down-regulate, integrate, restore energy
- **Emotional, Embodied Processing** – process emotions safely
- **Personal Insight & Neuroplasticity** – self awareness & rewire patterns
- **Self-Compassion Practices** – build internal safety
- **Connection, Boundaries & Somatic Consen**t – communicate needs, respect, consent, express your yes/no
- **Vagal Toning & Breath Practices** – influence state through, breath & sound
- **Polyvagal-Informed Skills** – apply nervous system theory practically
- **Trauma-Aware Integration** – create safe spaces

Throughout the course, we encourage sharing, support, a sense of community, playfulness, and genuine connection within the group

YOGAUNION BALI

CLOSING RITUAL

We close each day together with a group regulation practice.

These soothing practices co-regulate, align group energy and deepen connection, grounding and uniting us all.

DAILY SCHEDULE

YOGAUNION BALI

OUR DAILY SCHEDULE

08:00 – 09:15 | Morning Somatics

Each day begins with somatic movement and awareness. These practices help you notice physical and emotional tensions held in the body and begin the day with felt presence, regulation, and embodied clarity.

11:00 – 13:30 | Nervous System Regulation Theory & Practice

After the break you'll explore nervous system, embodied and emotional balance while tuning into your needs, preferences and boundaries through authentic relating skills for healthy relationships. You'll learn safe, attuned space-holding skills through supportive, reflective feedback and practice with peers.
* All lessons are trauma-informed & neurodivergent aware

15:45 – 17:30 | Interactive Lessons & Teaching Practice

You'll practice facilitation skills, co-regulation techniques, and guided session structure, building confidence step by step. Real-time feedback helps refine your ability to hold space, respond skilfully to nervous system states, and adapt practices for individuals, partner work and groups.

17:30 – 18:00 | Group sharing & Closing Ritual

In this session we invite you to share your experience of the day, deepening relational awareness.
We end each day with a regulation practice to integrate the day's experiences and support each other in community presence.

YOGAUNION BALI

NERVOUS SYSTEM

Regulation Toolkit

We support your learning journey with **comprehensive material** to utilize back home with **your own students, clients, sessions & groups** including:

- Course manual
- Music playlists via Spotify
- Lesson plans for Active Somatic Practices
- Facilitator instructions for groups, 1-1 and partner practices
- Personal journal
- Guided Regulation Scripts for groups, 1-1

YOGAUNION BALI

PRACTICAL

Skills for Personal & Professional Practice

Develop skills you can apply and share in real-life settings:

- **Self-regulation** (down-regulate, stabilise, recover)
- **Interoception** (read internal signals & connected emotions)
- **State shifting** (up-regulate, down-regulate, stabilise)
- **Co-regulation** (support others with empathy without taking on their emotions)
- **Boundaries** through body awareness
- **Emotional processing** (titration, pendulation)
- **Yoga Nidra** for embodied guided visualisations
- **Somatic Practices** in stillness & movement
- **Embodied connecting communication** for all relationships
- **Psychological safety** (supporting trauma-aware facilitation)

Use these skills in 1-1 sessions, groups, and real-world interaction with clarity and confidence.

- 1:1 sessions (nervous system support, somatic guidance)
- workshops (stress, burnout, emotional awareness, embodiment)
- group facilitation (circles, yoga classes, somatic practices, experiential spaces)
- integration into existing roles (coaching, therapy, leadership)
- personal relationships (build intimacy, deepen connection)
- daily life (relationships, parenting, workplace)

POLICIES

PRICES

50H - 6 nights (7 days) in Ubud, Bali

No Room	890€
Double Room	**990€ (Best Value)**
Private Room	1090€
Superior Room	1150€

Although the price on the booking platform is quoted in IDR, please note that the remaining balance will be quoted in EUR, as euros are the standard currency for pricing

In order to secure your place we require the below deposit (The amount of deposit will be automatically shown on the booking platform)

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnion Bali

WHAT'S INCLUDED

What's Included in Your Training:

- Group size: 8 - 18 participants
- Course length: welcome dinner
- 5 full days of classes,
- 6 nights accommodation
- Food: 3 vegetarian meals per day
- Skill level: all levels
- Location: YogaUnion, Ubud, Bali

YOGAUNION BALI

UPCOMING TTC DATES

2026 TBD

REFUND POLICY

At **YogaUnion Bali**, we value **transparency and flexibility** in supporting your training.

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.

LIVING THE EXPERIENCE

DIPLOMA

Upon completion of the training, you'll receive an **internationally recognized Yoga Alliance certification** for the **50-hour Nervous System Reset Teacher Training**, empowering you to share your knowledge and practice with others across the globe.

This certification not only validates your commitment but also reflects your **readiness to guide with authenticity, compassion, and presence**.

At **YogaUnion**, we see this course as more than professional development — it's a **journey of personal transformation**. You'll leave with a deeper understanding of yourself, enhanced facilitation skills, and the confidence to create **safe, embodied, and heart-centered spaces** for others.

Whether you choose to teach or simply to integrate the experience into your life, this training becomes a meaningful step toward **self-awareness**, **healing**, and **connection**.

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 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 ACCOMODATIONS

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

www.yogaunionbali.com

yogaunion.bali

+62 812-3715-4225

@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

- +62 812-3715-4225
- Jl. Subak Sok Wayah, Ubud, Kabupaten Gianyar, Bali 80571
- training@yogaunionbali.com
- www.yogaunionbali.com