

YOGA UNION

50H TRAUMA INFORMED
FACILITATION SKILLS TEACHER
TRAINING IN BALI

GUIDING IS DIFFERENT FROM HOLDING REAL HUMAN EXPERIENCES



YogaUnion Bali

YOGAUNION BALI

50H

TRAUMA INFORMED SKILLS

REFINE YOUR FACILITATION THROUGH TRAUMA-INFORMED, ETHICAL, AND NEURODIVERGENT-INCLUSIVE PRACTICE.

We are living in a time where healing spaces are everywhere, and nervous systems are more overwhelmed than ever.

Safety is no longer optional. It asks for facilitators who understand **trauma, nervous system responses, neurodivergence, and group dynamics.**

This training is for those who want to move beyond **charisma, intensity, or performance** and into real **competency, regulation, and presence.**

Through trauma-informed, neurodivergent-aware practice and guided feedback, you develop the capacity to hold diverse human experiences with more confidence, clarity, and care.

www.yogaunionbali.com





YOGAUNION BALI

OUR MISSION

At YogaUnion, we go beyond technique and into the responsibility of holding real human experiences.

This 50-hour training exists to support facilitators in becoming **clear, grounded, and ethical leaders**, capable of holding space with confidence, integrity, and care.

Through practice, reflection, and embodied learning, you develop practical skills for working with **trauma, nervous system responses, and neurodivergence** in a way that is real and applicable.

Facilitation is not only about guiding. It is about how we meet people, with **presence, clarity, responsibility, and respect** for what is actually happening in the room.



YOGAUNION BALI

THE COURSE

This is a **5-day immersive training** designed to develop real facilitation skills through direct experience, structured learning, and consistent practice.

The course is built around key dimensions of facilitation: **safety, emotional capacity, leadership, inclusivity**, and the **responsible use of the sacred**.

Each day follows a clear structure so you can both experience and apply the work. You begin the day by receiving trauma-informed practices, learning what safe and inclusive facilitation actually feels like in your own body.

From there, the training moves into applied theory on trauma, nervous system responses, neurodivergence, group dynamics, and ethical facilitation.

Afternoons focus on **crisis simulations** and **peer facilitation**, where you work with real-life scenarios such as overwhelm, dissociation, conflict, and uncertainty.

You facilitate every day, receive structured feedback, and refine your skills in real time.

This course is not about accumulating information. It is about building the capacity to hold people through **practice, repetition**, and **guided support**.



YOGAUNION BALI

OUR FOCUS

This training centers on the practical skills required to hold real human experiences with **clarity, responsibility, and care.**

You will develop:

- **Trauma-informed facilitation** and ethical containers
- **Nervous system-aware** and **neurodivergent-inclusive** design
- Emotional processing, attachment dynamics, and rupture-repair
- Leadership, power dynamics, and trigger navigation
- Crisis management and real-time response
- Music, sound, and sensory awareness
- Spiritual hygiene and facilitator self-protection

At its heart, this training prepares you for what actually happens in a room.



REQUIREMENTS & CONTRAINDICATIONS



This training is open to both **new** and **experienced facilitators**.

It is suitable for yoga teachers, coaches, therapists, facilitators, and space holders, as well as those transitioning from personal practice into guiding others.

You do not need to arrive confident. You need to arrive **willing**.

What matters most is a willingness to learn and be challenged, openness to feedback and reflection, commitment to practice, and genuine care for people and the responsibility of guiding them.

If you have ever felt imposter syndrome when facilitating, this space is designed to help you build real, grounded confidence through practice and feedback.

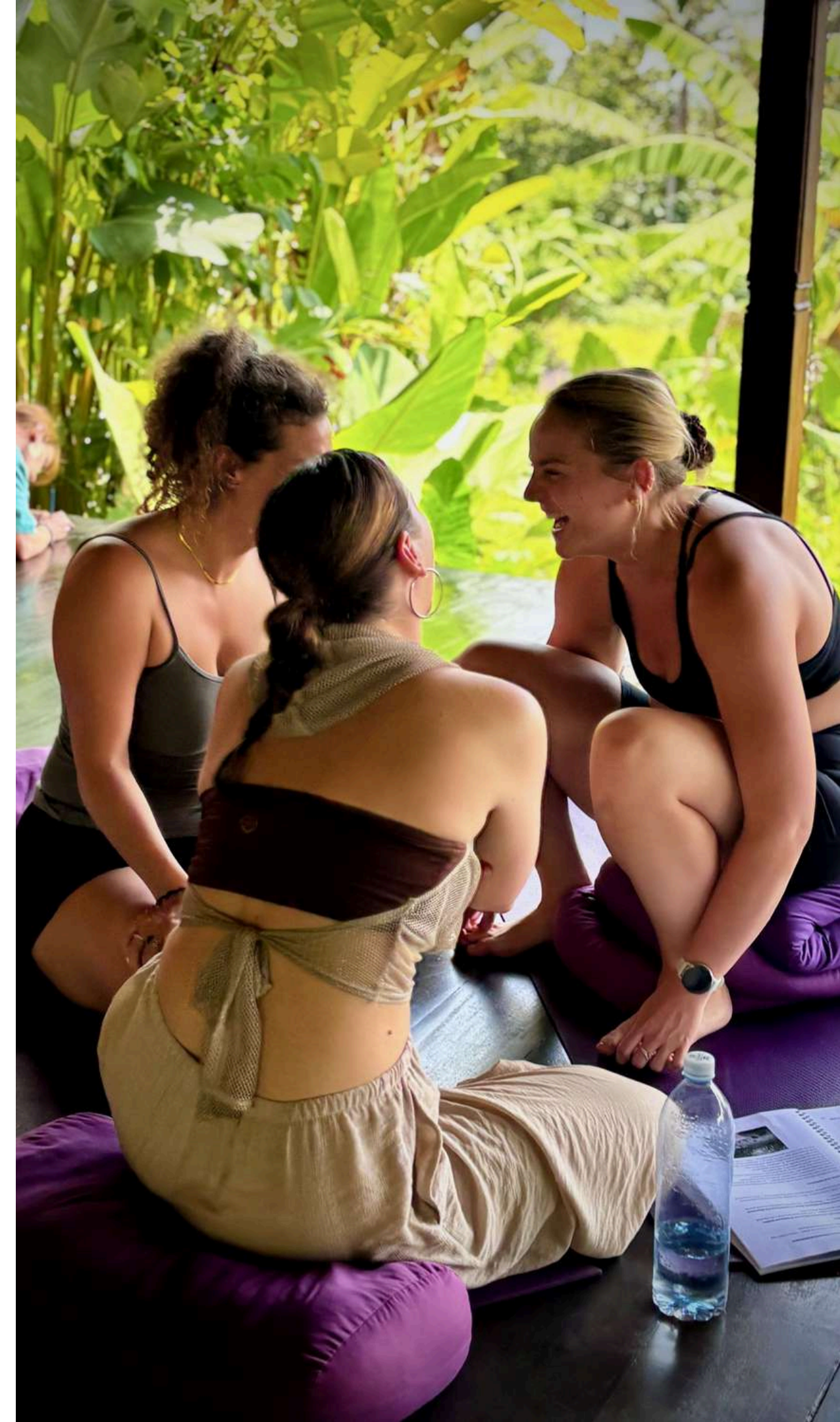
WHO THIS TRAINING IS FOR

This training is for those stepping into facilitation who want a strong foundation in **trauma-informed, ethical, and inclusive** practice.

It is for facilitators building confidence after previous trainings who want more than theory and need real experience, structure, and grounded feedback.

It is for practicing teachers, coaches, and space holders who want to refine their voice, presence, and ability to meet real human experiences with skill rather than intuition alone.

It is also for those already holding space who want to expand their capacity to work with **trauma responses, emotional depth, group dynamics, power, and complexity** with integrity, responsibility, and humanity.





YOGAUNION BALI

OUR TEACHER

JESS PALMEIRA

Jess Palmeira is a Breathwork & Somatics Facilitator with advanced training in Conscious Connected Breathwork, Somatics, Embodied Leadership and Meditation. With over a decade of experience in trauma-informed body-based practices, nervous system regulation, emotional release, and transformative 1:1 and group facilitation, her approach touches the mental, physical, emotional & spiritual layers of BEING.

She creates **safe spaces for deep remembrance, emotional expression, and grounded presence.** Rooted in her Brazilian background, Jess brings a shamanic and integrative approach to her work, always with a heart-led and joyful presence.

She leads Breath & Somatics Teacher Trainings and Conscious Connected Breathwork Teacher Trainings **with a focus that's less about becoming "somebody spiritual"** and more about remembering how to be – in our humanness, in this body.

She teaches **from lived experience – not just knowledge,** but the knowing that emerges through fully inhabiting her own body, rooted in clarity, integrity & authenticity. Her passion lies in guiding others to feel more, to BE and return to the intelligence that's already within.



DAILY SCHEDULE



YOGAUNION BALI

OUR DAILY SCHEDULE

08:00-09:15	MORNING TRAUMA-INFORMED PRACTICE
09:15-11:00	BREAKFAST & SELF-REFLECTION
11:00-13:00	THEORY WITH APPLICATION
13:00-14:30	LUNCH & INTEGRATION BREAK
14:30-15:00	Q&A & CASE STUDIES
15:00-16:15	CRISIS SIMULATION LABS
16:15-17:30	DAILY PEER FACILITATION
17:30-18:15	INTEGRATION RITUALS

WHAT YOU CAN EXPECT

You can expect a **structured, immersive, and practice-based** learning environment designed to build real confidence, not just understanding.

This training is intentionally designed to move you out of theory and into application.

Each day includes **daily facilitation practice, structured and honest feedback, real-life case studies and crisis simulations***, practical tools, and a grounded environment where you are encouraged to grow without pressure to perform.

**This is an active training. You will be engaged, challenged, and supported throughout.*



08:00-09:15



MORNING

TRAUMA- INFORMED

PRACTICE

Each day begins with **yoga, somatics, yin, breathwork,** and **sound** facilitated with trauma-informed and neurodivergent-aware language.

The point is not to learn techniques first. It is to feel what safe facilitation actually feels like in your own body.

By starting here, you build a direct embodied reference for **clarity, consent, pacing,** and **regulation** before moving into theory and practice.

11:00-13:00

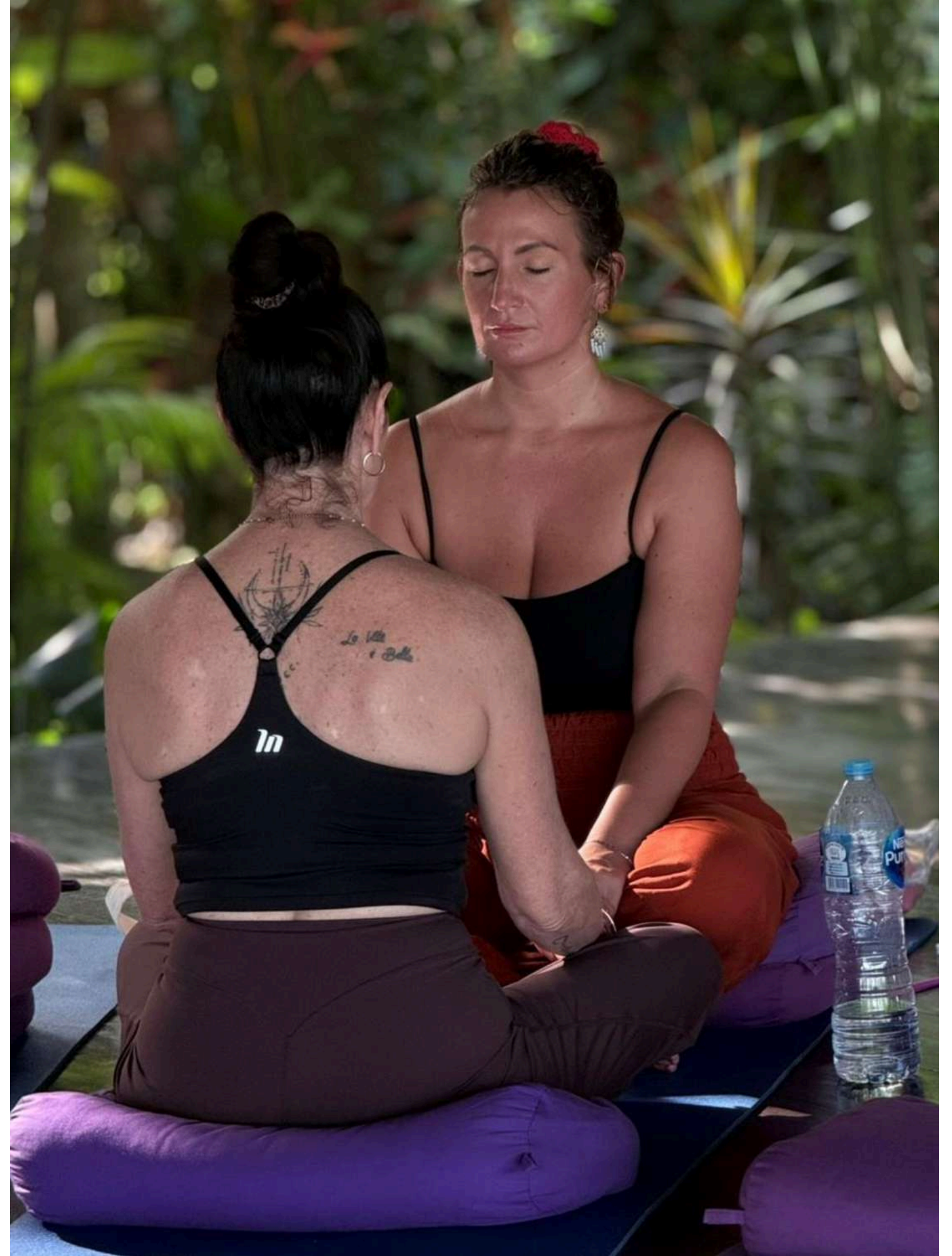
THEORY

WITH APPLICATION

Late mornings are dedicated to **applied learning**, not abstract discussion.

You dive into trauma, facilitation ethics, crisis response, neurodivergence, group dynamics, music, and sacred design through practical teaching that can be used in real spaces.

The aim is to help you understand what is happening in a room and respond with more intelligence, structure, and care.





This part of the day gives space for **real questions, real challenges, and real facilitation scenarios.**

Through guided discussion and practical case studies, you explore what to do when uncertainty arises and how to move from theory into clear response.

The purpose is to sharpen discernment, strengthen ethical decision-making, and make the training directly useful to the situations facilitators actually face.

14:30-15:00

AFTER LUNCH ARE FOR

**Q&A
CASE STUDIES**

15:00-16:15

CRISIS SIMULATION

PEER FACILITATION & INTEGRATION

Afternoons move into direct practice.

In the **Crisis Simulation Labs**, you work with real-life roleplays such as panic attacks, dissociation, overwhelm, anger, trauma disclosure, and dependency dynamics.

The focus is on practicing response, not only talking about it.

From there, the learning continues in **daily peer facilitation**, where each participant guides short segments using the tools and frameworks explored during the day.

You receive structured, honest feedback on your language, presence, pacing, and decision-making so you know exactly how to refine your skills.

This is where confidence is built through practice.





17:30-18:15

INTEGRATION RITUALS

Each day closes with a grounded space for **clarity** and **care**.

These integration rituals are designed to support the nervous system, reinforce boundaries, and help participants leave feeling more contained, consent-based, and settled.

Rather than ending abruptly, the day is intentionally closed in a way that supports reflection, regulation, and ethical facilitation from beginning to end.





BOOKING & POLICIES

HOW TO BOOK YOUR SPOT

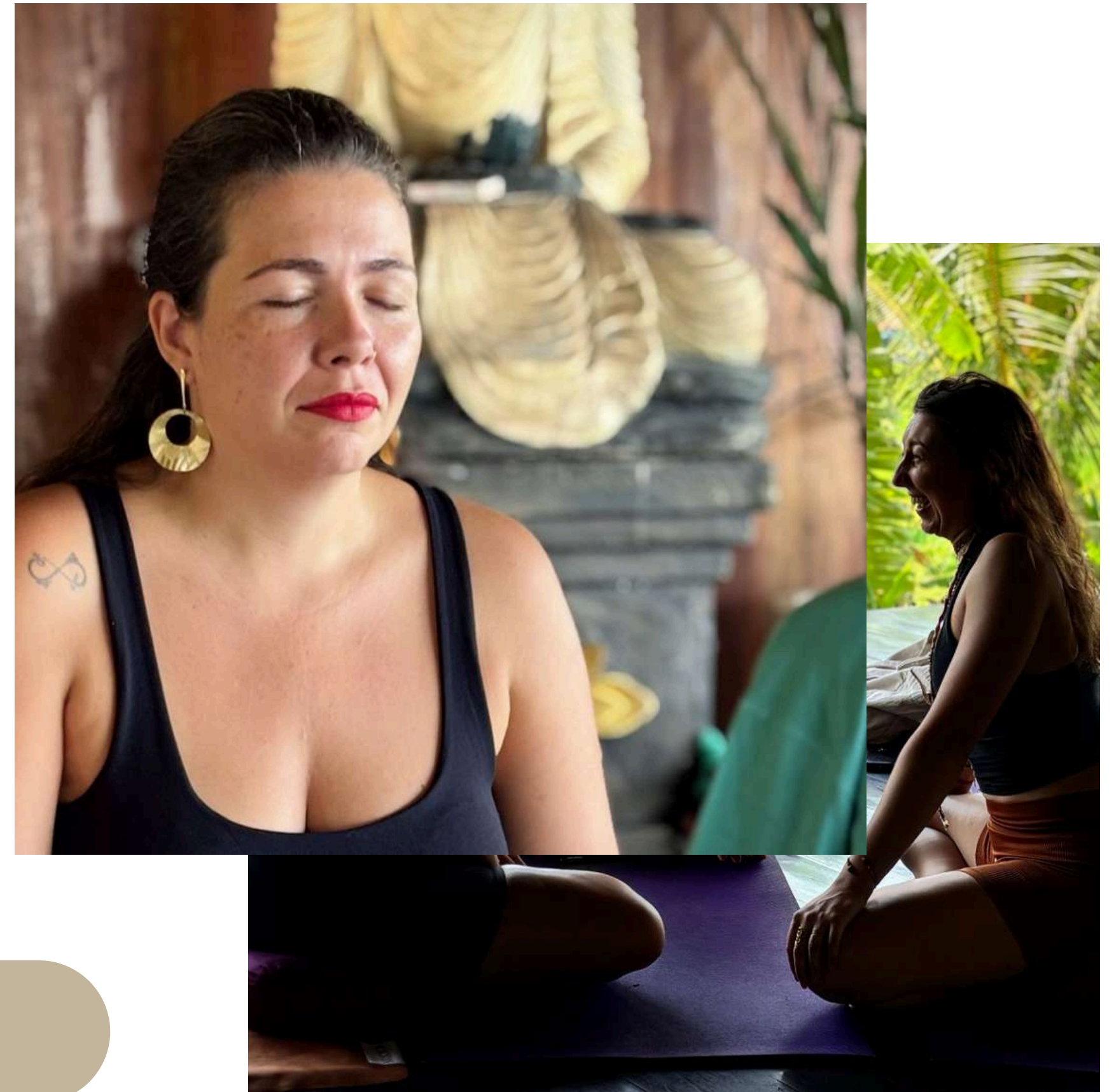
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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

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

No Accommodation	770€
Double Room	890€
Private Room	990€ (Best Value)
Superior Room	1050€

** 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

WHAT'S INCLUDED



What's Included in Your Training:

- Facilitation manual with practical tools and frameworks
- Daily vegetarian meals
- Comfortable on-site accommodation options
- Curated scripts, case studies, music playlists, and scientific research for real human experiences

YOGAUNION BALI

UPCOMING TTC DATES

2026

August 31 – September 6

2027

March 1 – March 7





LIVING THE EXPERIENCE

THE TAKE AWAY

You leave with more than knowledge. You leave with real facilitation skills:

- clarity in how to structure and guide sessions
- confidence built through practice and feedback
- tools to navigate emotions and challenging moments
- understanding of trauma and nervous system responses
- skills to include neurodivergent participants
- boundaries that protect your energy

Most importantly, you leave knowing what to be when it matters: not perfectly, but with presence, clarity, and grounded confidence.



THE COMPLETION



This training requires both **presence** and **demonstrated competence**.

To receive certification, participants must attend a minimum of **95% of the training hours**, ensuring full immersion in the learning process.

Participants are also asked to take part in daily peer facilitation practices, demonstrate understanding of core concepts throughout the training, complete a **final practical facilitation assessment**, and complete a **short theoretical evaluation**.

This approach ensures that graduation reflects not only attendance, but real readiness.

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** (monthly 120-min calls) with Q&A and business guidance to support your integration and growth.



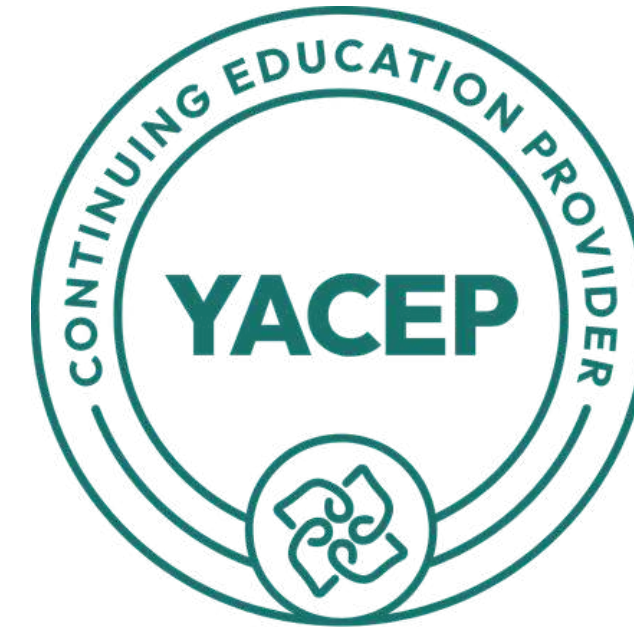
YOGA ALLIANCE

TRAIN WITH CONFIDENCE. TEACH WITH CREDIBILITY.

At **Yoga Union Bali**, we follow the high standards of **Yoga Alliance**, the world's leading organization for quality, safe, and inclusive yoga education.

Global Certification

Complete your training with us and receive a **Yoga Alliance-recognized diploma**, respected by studios and students worldwide.





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.

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

SHALAS

Our beautiful shalas in Ubud are set in **stunning natural surroundings**, Fire, Earth, and Air Shalas in a **serene rice field neighborhood**, and Water Shala in the **heart of Ubud**, surrounded by **lush forest and a flowing river**. Each has its **unique charm**, offering an **immersive experience in nature**. Shala assignments depend on **availability** as each has a **different capacity**.



Fire Shala – A large, open space in the middle of rice fields, surrounded by nature with beautiful sunset views.



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



Air Shala – On the second floor with fresh air and wide views of the rice fields, giving a light and open feeling.



Water Shala – Built over a river in the heart of Ubud, surrounded by green plants for a peaceful and relaxing atmosphere.

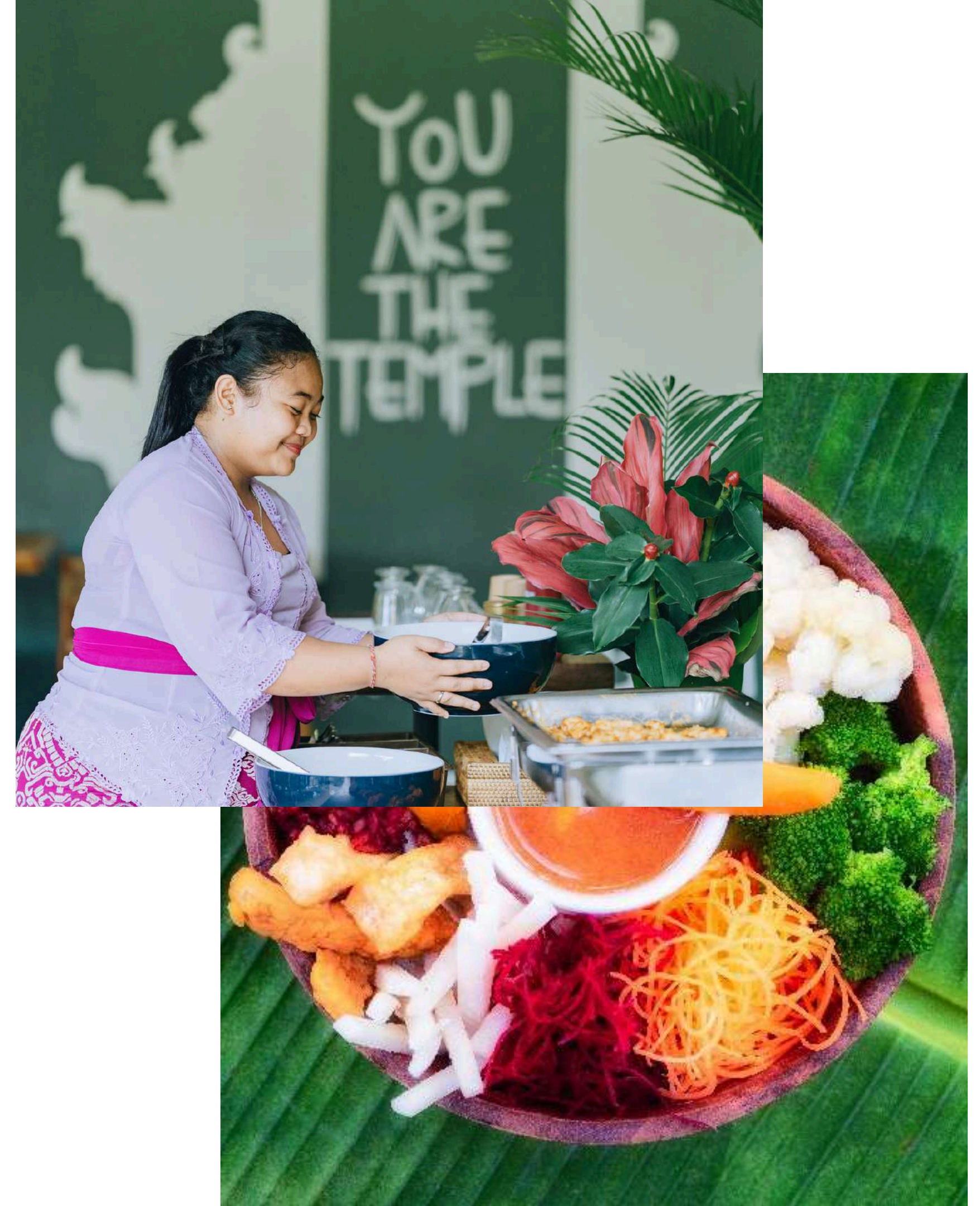
NUTRITION

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

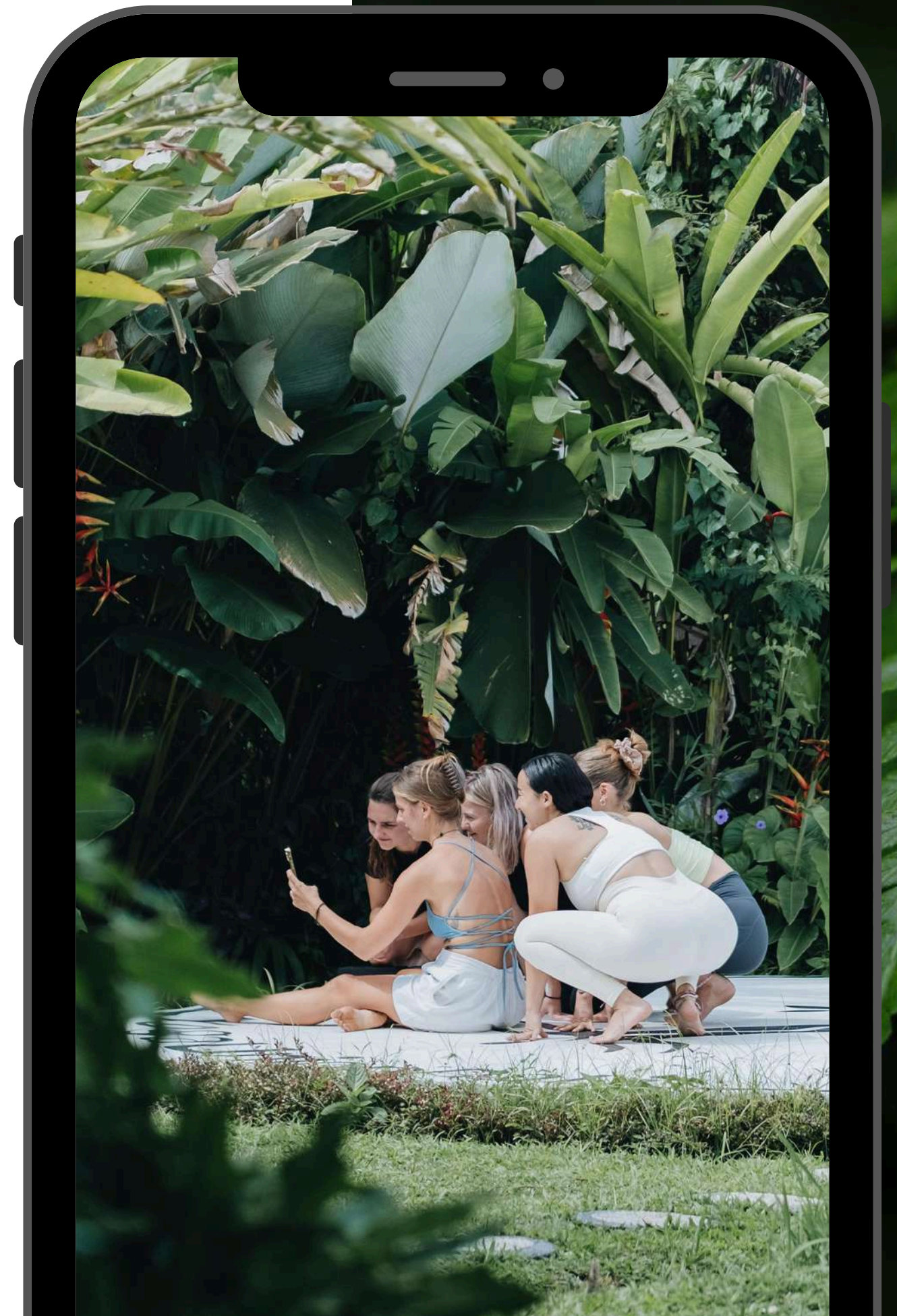
 [@yogaunionbali](https://www.instagram.com/yogaunionbali)

 www.yogaunionbali.com

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

 [+62 812-3715-4225](tel:+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



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- www.yogaunionbali.com