

# YOGA UNION

50H YIN YOGA IN BALI



YogaUnion Bali



# YOGAUNION BALI 50H

Dear Yogi,

Are you ready to embark on a journey of **self-growth** and **transformation** through yoga?

This is **more** than **practice** — it's an invitation to open your mind to **new possibilities** and **release** what no longer serves you.

Join us in this **sacred space** to **shift perspective**, to challenge old patterns, and to **rediscover** your **true potential**.

Come to **grow**, to **play**, and to **awaken** — physically, mentally, and spiritually.

[www.yogaunionbali.com](http://www.yogaunionbali.com)







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

# OUR COURSE

Drawing on thousands of hours of experience from around the globe, Ourania has meticulously crafted this course to provide the most educational and transformative experience possible.

**The training is designed to challenge and nurture individuals at every level.**

Our 50-hour course focuses on building a strong foundation in **Yin Yoga** — blending practice, **anatomy**, and **philosophy** with teaching **skills** to cultivate **stillness**, **awareness**, and **safe spaceholding**.



YOGAUNION BALI

# OUR FOCUS

Learn to **practice & teach** Yin Yoga with **clarity & precision**.  
Discover the essence of **Yin & Yang** — complementary forces in the quest for **balance**.

Through Yin, cultivate **mindfulness** and **self-awareness**.  
Gain a complete understanding of **poses, alignment & sequencing**, rooted in **anatomy & physiology**.

Journey into the **history & philosophy** of Yin, exploring its **effects on body & mind** while honoring each practitioner's **individuality & uniqueness**.





YOGAUNION BALI

# OUR TEACHERS

## GOURAV BAHUGUNA

**Gourav**, originally from **Rishikesh, India** — the birthplace of yoga — brings depth and authenticity to his teaching. Holding a **Bachelor's in Yogic Science** and certified as a **500-hour RYT**, he has been sharing his knowledge since **2018**.

His experience spans **Ashtanga-Vinyasa, Iyengar**, and traditional **Hatha Yoga**, with a focus on developing **mobility, strength, and flexibility**.

Gourav's classes are both **challenging and grounding**, offering students the opportunity to expand their physical capacity while connecting inwardly.

He is dedicated to creating an atmosphere where practitioners leave feeling **peaceful, empowered, and inspired** to carry yoga's wisdom into their daily lives.

***\*\*Teacher assignments are tentative and subject to change when necessary.\*\****



YOGAUNION BALI

# OUR TEACHERS

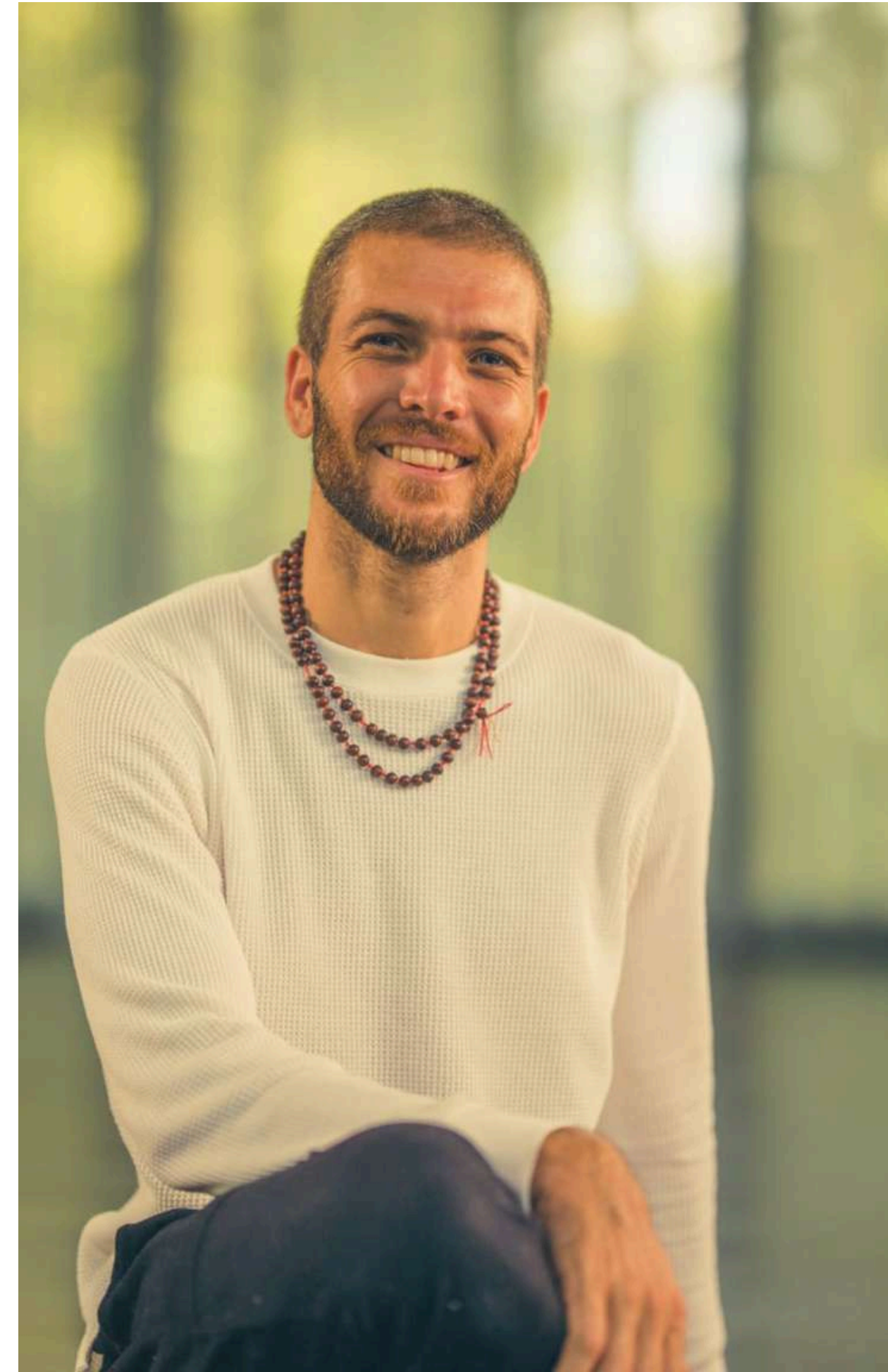
HAYDEN

**Hayden** began his **yoga journey** over 20 years ago, discovering **Yin Yoga** during a challenging period that reshaped his path. Since **2018**, he has trained hundreds of **yin yoga teachers**, guiding them with a focus on **peace, awareness, and growth**.

His classes are **inclusive and trauma-aware**, combining the depth of physical practice with respect for the **fullness of human experience**.

Raised in a **nature-connected family**, Hayden's background in **Conservation Ecology** and **Buddhist meditation** naturally led him to yoga. He teaches from the **heart**, inspired both by his **teachers** and by the wisdom of the **world around him**.

***\*\*Teacher assignments are tentative and subject to change when necessary.\*\****







YOGAUNION BALI

# OUR TEACHERS

NIKO

**Niko**, originally from **Peru**, discovered **Vinyasa Yoga** in **2014** after more than a decade of **competitive rowing**.

What began as a passion for movement soon became a path of **self-discovery**. Leaving behind a **corporate career** in multinational companies, he devoted himself fully to yoga.

With over **1,000 hours of training**, he now specializes in **Vinyasa, Alignment**, and **applied philosophy**.

Teaching since **2015** and living in **Bali** since **2020**, Niko blends **movement** and **philosophy** in his classes, empowering students to explore, grow, and embrace their own **unique path** with clarity and confidence.

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YOGAUNION BALI

# OUR TEACHERS

ANNA VIKTORIA

**Anna Viktoria** is an **IAYT-certified Yoga Therapist** and experienced teacher of **Hatha, Vinyasa, Yin, Restorative, Medical, Akhanda, Lunar Yoga, and Yoga Nidra**.

Since **2014**, she has taught and inspired students around the world, sharing her expertise with a unique blend of **nervous system science, subtle energy awareness, and yogic philosophy**.

Passionate about yoga as a path for **growth and transformation**, Anna creates spaces that support both healing and self-discovery. With a deep commitment to guiding others on their journey, she encourages students to connect with themselves, expand their potential, and embody the true essence of **balance and wholeness**.







# DAILY SCHEDULE



# WHAT YOU CAN EXPECT

Begin each day with **pranayama, mudras & meditation**, cultivating awareness and presence.

Study **anatomy** — from **Nadis, Chakras & Koshas** to **bones, fascia & connective tissue**.

Explore **Qi energy** and the **12 Meridians**, integrating wisdom into practice.

Experience **daily Yin sessions** focused on the elements, with in-depth **pose analysis, alignment & sequencing**.

Join **specialised workshops** on the **philosophy & anatomy of Yin**, while broadening your path through **Vinyasa, Hatha & Yoga Nidra**.

*\*The final week, you will conduct a 30-minute teaching practicum.  
Likewise, you will also participate as a student while your peers lead their sessions.\**







YOGAUNION BALI

# OUR DAILY SCHEDULE

07:00–8:00	PRANAYAMA & MEDITATION
8:00–9:00	GENTLE FLOW
09.00 – 10.00	YIN ANATOMY
10.00 – 10.30	BREAKFAST
10.30 –12.00	PRACTICAL ALIGNMENT
12.00 – 13.00	LUNCH
13:00 – 16:30	YIN ASANAS
16:45–18:30	YIN YOGA CLASS
19:00	DINNER



07:00 – 8:00



# PRANAYAMA & MEDITATION

Each day begins with an **early morning practice** dedicated to cultivating awareness through breath and meditation.

You will explore **Prana, Qi, or life-force energy** as the essence of vitality. Techniques such as **Nadi Shodhana** and **nostril breathing** bring balance, while **belly breathing** and the **full yogic breath** expand capacity and presence.

**Long exhale breathing** and **Bhramari (humming bee breath)** support calm and nervous system regulation.

These breath practices flow into **chakra balance, mindfulness awareness,** and **walking meditation**, grounding you in the present moment.

You will also experience **Metta (loving-kindness meditation)**, the mantra of **Soham**, and the deep restoration of **Yoga Nidra**. Together, this early morning ritual refines awareness, restores balance, and prepares you for the day with **clarity, energy, and connection**.



# 08:00 – 09:00 GENTLE FLOW

Following the morning breathwork, we move into a **Gentle Flow** — a one-hour practice designed to awaken the body with **ease and presence**.

Rooted in **Vinyasa principles**, this class emphasizes **fluid movement**, **conscious breath**, and mindful transitions rather than intensity. Students are guided through **foundational asanas**, gentle **stretches**, and **mobility work**, encouraging awareness of alignment and energy flow. The pace allows space to listen deeply, cultivating both **strength and softness**.

By blending **movement, breath, and mindfulness**, the Gentle Flow becomes a bridge between stillness and dynamism, leaving practitioners grounded, centered, and prepared for the deeper studies that follow.







09:00 – 10:00

# YIN ANATOMY

## Anatomy

Dive into the **human body** with focus on the **nervous, skeletal, and muscular systems**, learning how they harmonize to create **movement**. Through interactive sessions, complex concepts become engaging and intuitive. You'll explore the **skeletal structure, connective tissue, muscular function, and nervous system**, while practicing **movement analysis** of major joints and muscles. Every lesson connects directly to **yoga practice, asanas, and teaching application**, bringing anatomy to life.

## Philosophy

Travel back to **ancient India** and trace the journey of yoga into its modern form. In a **conversational format**, you'll explore the **eight limbs of yoga**, the flow of **prana, nadis, chakras, kundalini**, and the wisdom of the **gunas and doshas**. Learn about **mudras, bandhas, mantras, and the meaning of Om**, while reflecting on **yogic lifestyle and ethics** as both practitioner and teacher.



10:30 – 12:00

# ALIGNMENTS

This class is dedicated to **alignment** — the art of practicing and teaching with clarity, precision, and safety. Rooted in **Vinyasa and Ashtanga tradition**, but refined through years of practice and study, it offers a deep exploration of how the body moves and how postures can be taught with integrity.

Students take a **detailed analysis of 80+ asanas**, ranging from foundational poses to advanced **arm balances, backbends, and inversions**. Emphasis is placed on understanding **correct alignment**, recognizing misalignments, and applying effective **modifications and variations**.

With continuous guidance, you will practice both **hands-on and verbal adjustments**, learning how to support students while refining your own practice. This class ensures you develop the skills to create intelligent, safe, and transformative yoga experiences through the lens of **alignment**.







This training introduces the **History of Yin Yoga**, its **theory and application**, and the tools to **stabilize and deepen practice**. You will explore the dynamic balance between **Yin and Yang**, learning how these principles support both movement and stillness.

The focus on **Yin Asanas** includes their **benefits and contraindications**, work with **archetypal poses and variations**, and the **intelligent use of props**. You'll also learn to **create and hold safe spaces**, refine your **teaching voice**, and design meaningful **sequences** that support healing and growth.

Anatomy and energetics play a central role. You'll study **compression vs. tension theory**, the **fascia and connective tissue**, and the integration of **physical and subtle bodies**. Exploration continues with the **five koshas**, **energy fields**, **12 Meridian Lines**, and the **chakra system**, connecting these teachings to daily life.

Finally, you'll examine the **nervous system**—learning how **sympathetic and parasympathetic responses** relate to Yin practice and how the **relaxation response** fosters balance, release, and restoration.

13:00-16:30

# YIN ASANAS





16:45–18:30

# YIN YOGA CLASS

In the afternoons from **16h45 to 18h30**, we shift into stillness with a dedicated **Yin Yoga Class**. Designed to balance the dynamic energy of your **Yang mornings**, this practice emphasizes long-held postures, deep **release of fascia and connective tissue**, and mindful exploration of the **subtle body**.

Alongside Yin, you may also experience elements of **Yoga Nidra** and **Restorative practices**, offering space for profound **relaxation** and **nervous system reset**. These sessions nurture both **body and mind**, guiding you into balance, clarity, and renewal while preparing you for the next stage of your journey with a sense of **wholeness**.



# BOOKING & POLICIES





# HOW TO BOOK YOUR SPOT

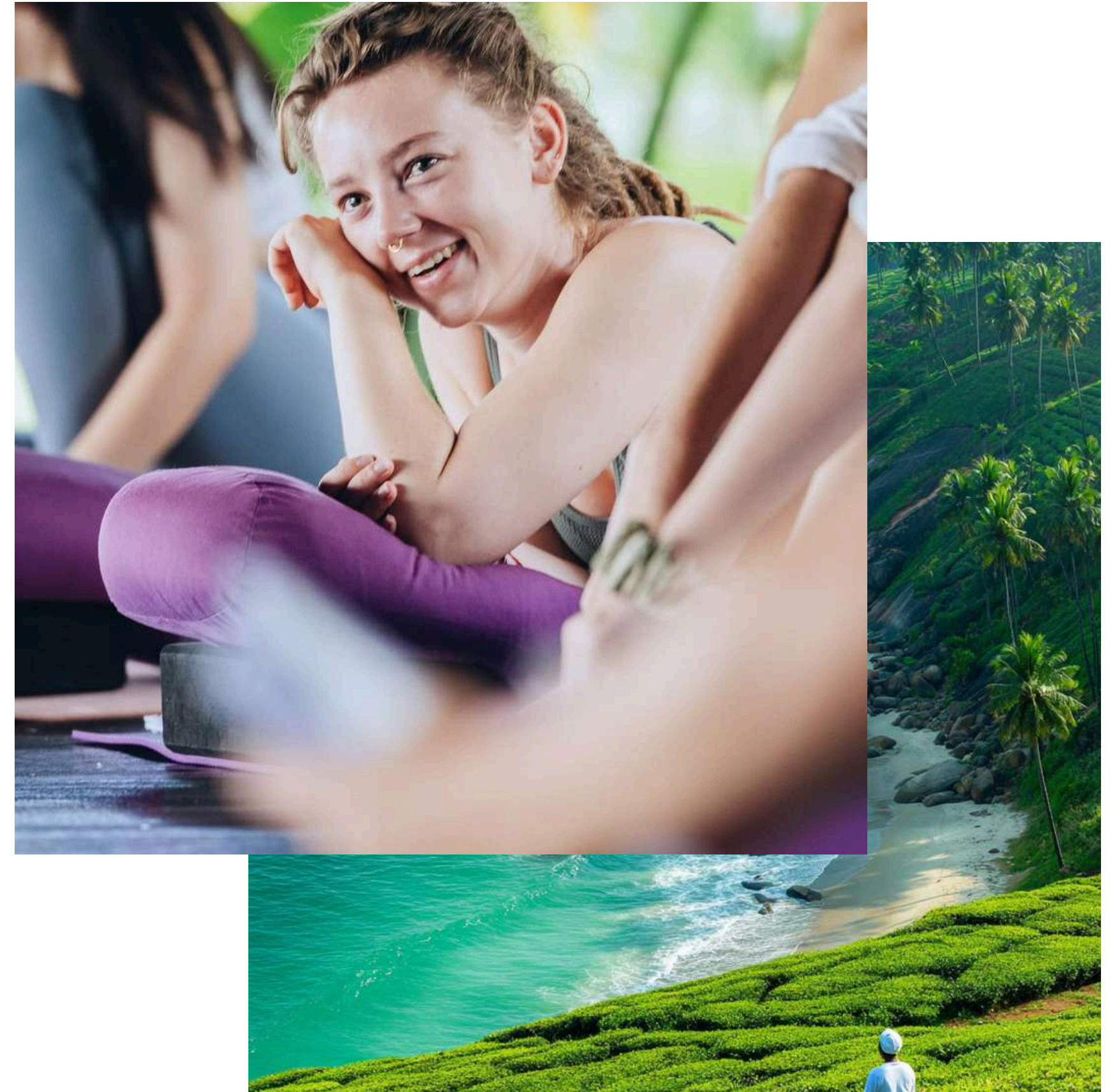
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

**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](mailto:training@yogaunionbali.com)**

**MAKE A DEPOSIT**





# PRICES

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

<b>Double Room</b>	<b>890€ (Best Value)</b>
Private Room	990€
Superior Room	1,050€

\*\* 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 Ubud, Bali
- **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**



YOGAUNION BALI

# UPCOMING TTC DATES

**2025**    Nov 10-16

**2026**

- 5 – 11 Jan
- 2 Mar – 8 Mar
- 27 Apr – 3 May
- 22 Jun – 28 Jun
- 17 Aug – 23 Aug
- 12 Oct – 18 Oct
- 7 Dec – 13 Dec





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.

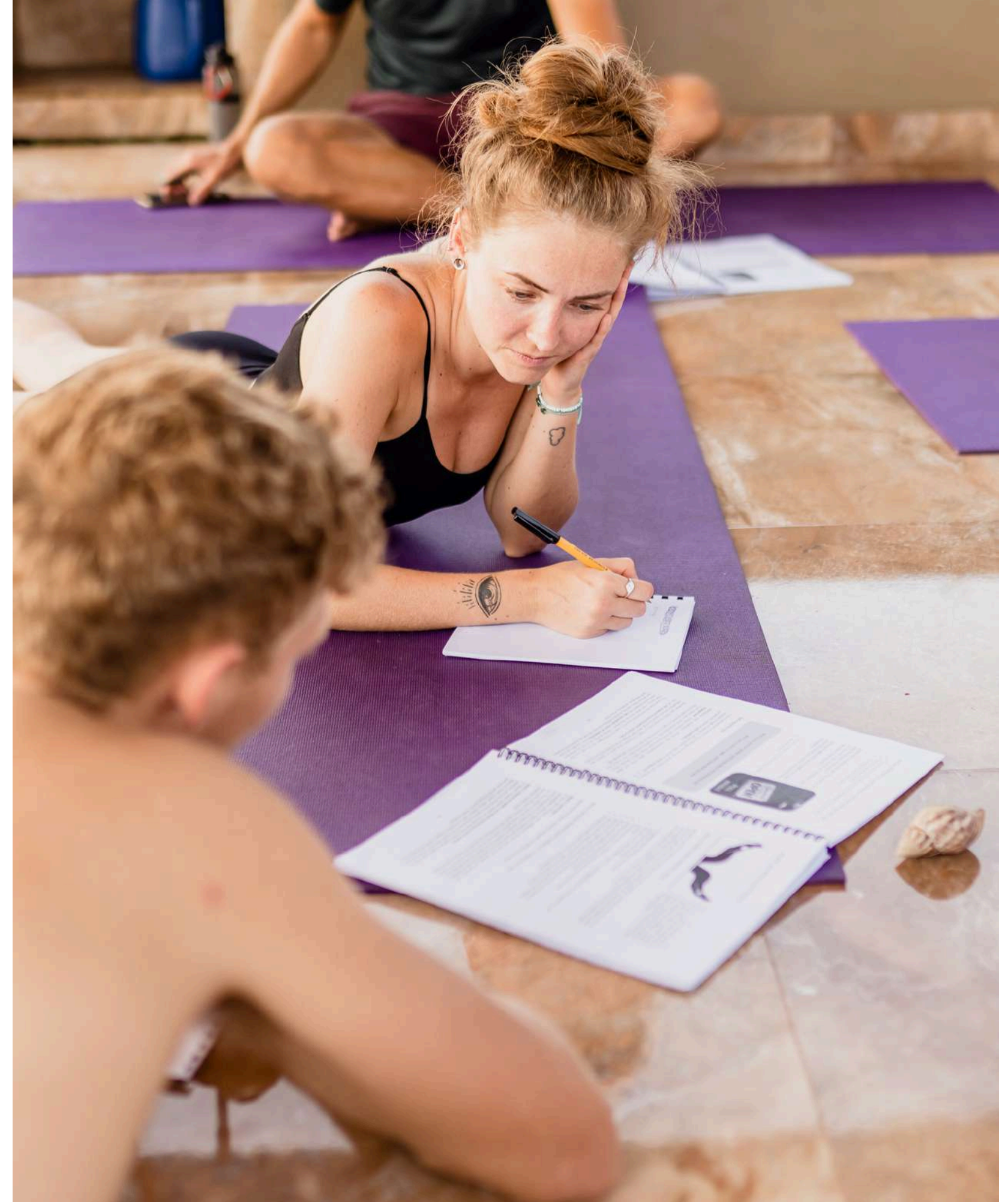
# LIVING THE EXPERIENCE



# PASS THE EXAM

In the final stage, you will guide your fellow yogis through a **30-minute Yin Flow class**, putting your knowledge into practice.

This **student teaching** experience is followed by **constructive feedback** from your head teacher, ensuring you graduate with **confidence, clarity, and the skills** to lead with integrity.





# 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.

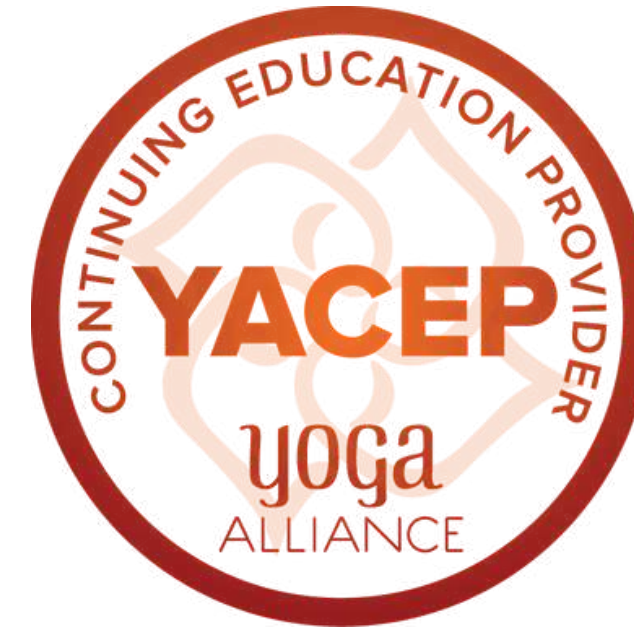
Over the course, you will grow on a **physical, mental, and spiritual level**, moving inward toward **self-realization and self-love**, the essence of yoga itself.



# 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 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



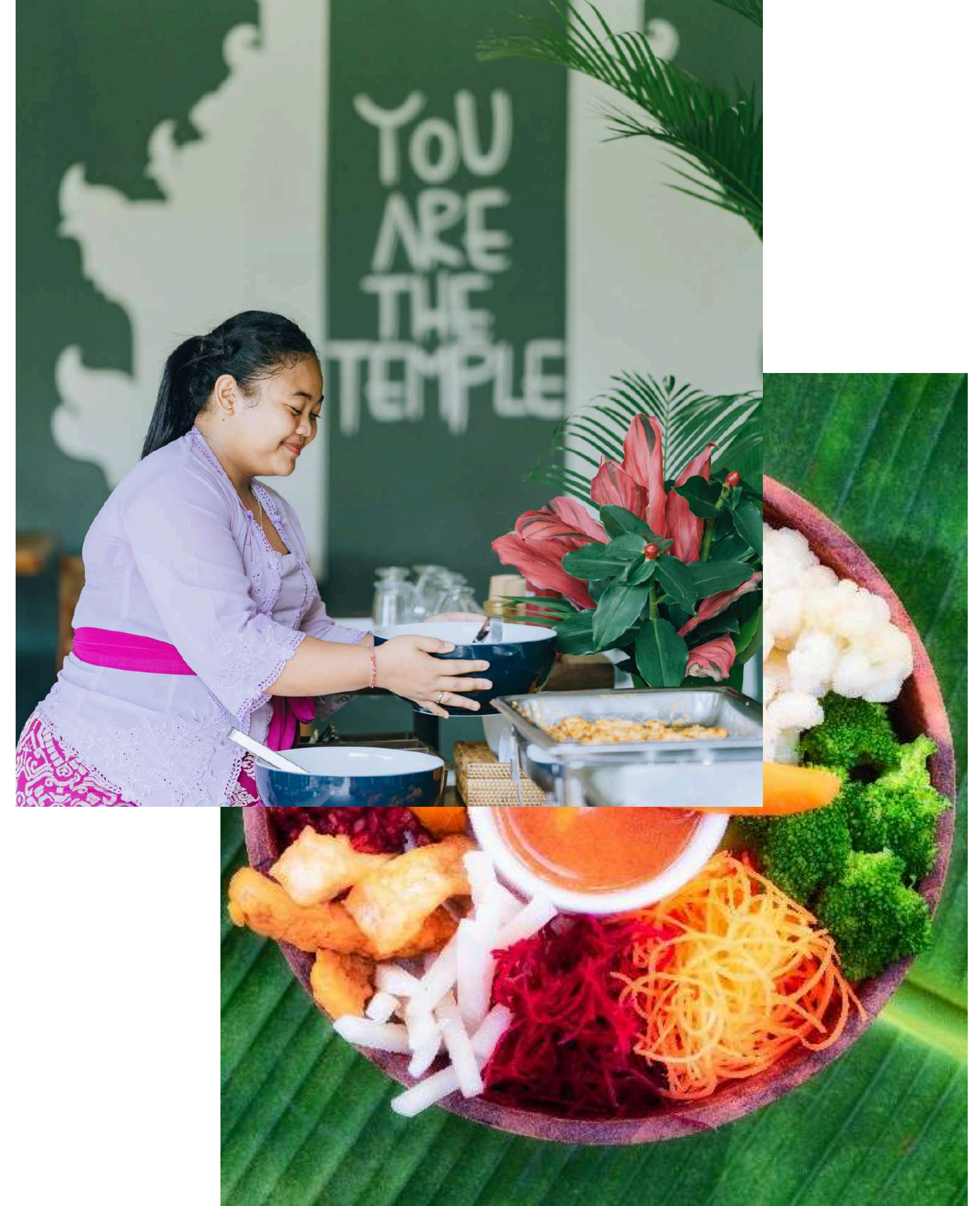
# NUTRITION

## NOURISH YOUR BODY, SUPPORT YOUR PRACTICE

At **YogaUnion Bali**, food is part of the journey. Enjoy **delicious, plant-based meals** crafted by Ubud's 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](http://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



YogaUnion Bali

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