

# YOGA UNION

50H SELF-ENQUIRY &  
MEDITATION TTC IN BALI



YogaUnion Bali



# YOGAUNION BALI

# 50H

## SELF-ENQUIRY & MEDITATION TTC

Dear Seeker,

Are you ready to bridge **personal growth** and **professional presence**?

This **trauma-informed, neurodivergent-aware** training is more than study — it's a journey into embodied awareness, relational communication, and authentic space-holding.

Rooted in **meditation, nervous system balance**, and **embodied wisdom**, it offers a path to heal, connect, and facilitate with **clarity, courage, and care**.

Perfect for **facilitators, therapists, coaches, yoga teachers, breathwork practitioners, educators, creatives, and health professionals** seeking to deepen self-awareness while gaining tools to support others.

Take it as a **stand-alone certification** or integrate it into your **200h / 300h Vinyasa TTC**.

**Learn the practices. Live the wisdom. Lead with presence.**

[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

**Creating spaces where people feel safe to be themselves**

Many join this training during times of **transition** — burnout, change, or a deep call to **reconnect** with truth, clarity, and purpose.

This journey is more than learning techniques. It's a space to **come home to yourself, balance your nervous system, and awaken your authentic voice** — all within a supportive, grounded container.

Through **experiential practice, reflection, and integration**, you'll gain confidence and **authenticity** to lead with clarity, care, and integrity.

**Come as you are. Leave renewed.**

With tools, insight, and purpose to live — and lead — from presence.

*"A life-changing experience. I learned so much about myself and about life. The teachers were incredible inspiration!" – Aida*



YOGAUNION BALI

# THE PRACTICE

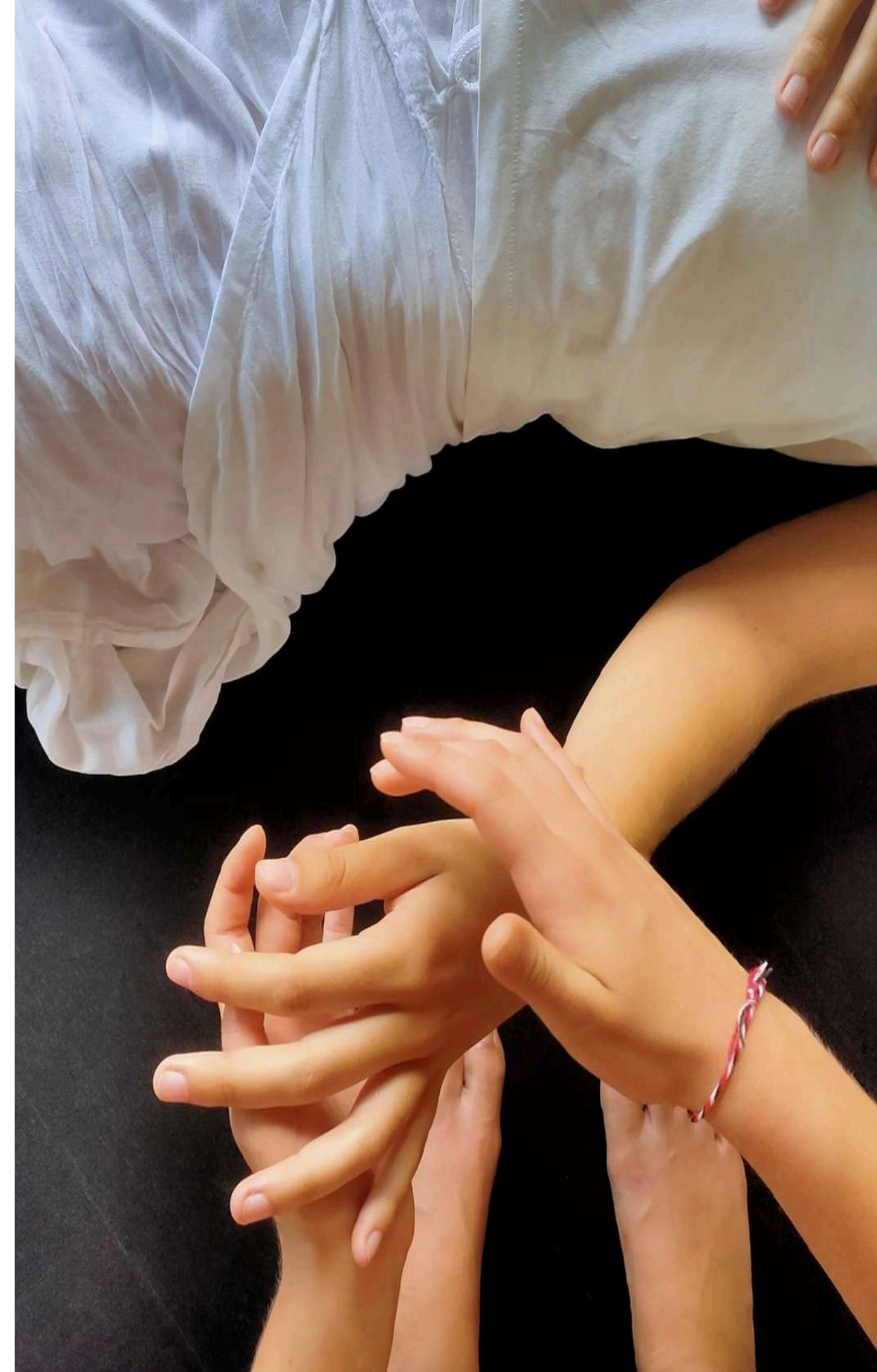
This training is an opportunity to **deepen your connection to yourself** through both Consent & Trauma-informed practices, blending:

- Embodied Somatic Movement
- Mindfulness
- Meditation
- Personal Insight Practices
- Theoretical Know-how

We invite you to **tune inward** with **grounded clarity**, embracing what arises with **openness** and **curiosity**. Here, you'll be **supported in your truth** while unlocking your **intuitive** and **creative potential** — empowering you to shape a life that truly **aligns with who you are**.

Join us for a week of **presence, discovery, and connection** — rooted in **real experiences** and **lasting insight**.

Through a **holistic balance of body and mind**, you'll experience how **gentle yet profound practices** create **deep transformation**. You'll nurture **personal growth**, while gaining the **skills to hold space** and **guide others** in an **authentic, safe, and empowering way**.





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# MEDITATION

## THE ART OF SELF-REGULATION & INSIGHT

Meditation is a path of self-exploration, guiding us to our **Inner Compass**—a source of wisdom and intuition.

Whether through focused attention, compassion, visualization, or mindful presence, it allows us to **expand awareness and cultivate inner balance.**

It's not about escape but **awakening to life with depth and clarity.**



YOGAUNION BALI

# THE OVERVIEW

- **Group size:** 8-18 participants
- **Course length:** 6 days (5 nights)
- **Food:** 3 vegetarian, plant-based meals per day
- **Skill level:** all levels
- **Location:** YogaUnion, Ubud, Bali

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







YOGAUNION BALI

# WHO IS IT FOR?

For **facilitators, yoga teachers, therapists, coaches, and anyone else** seeking balance, creative inspiration, and a deeper understanding of themselves

This transformational 50-hour program is designed **for people who want to bring positive change into their lives and work.**

You will **learn to facilitate** both consent & trauma-informed approaches while experiencing the opportunity for **profound personal growth.**

- **Mindfulness and Meditation**
- **Self and co-regulation**
- **Emotional awareness & release**
- **Embodied, somatic practices**
- **Intuitive self-knowledge Creative manifestation**



YOGAUNION BALI

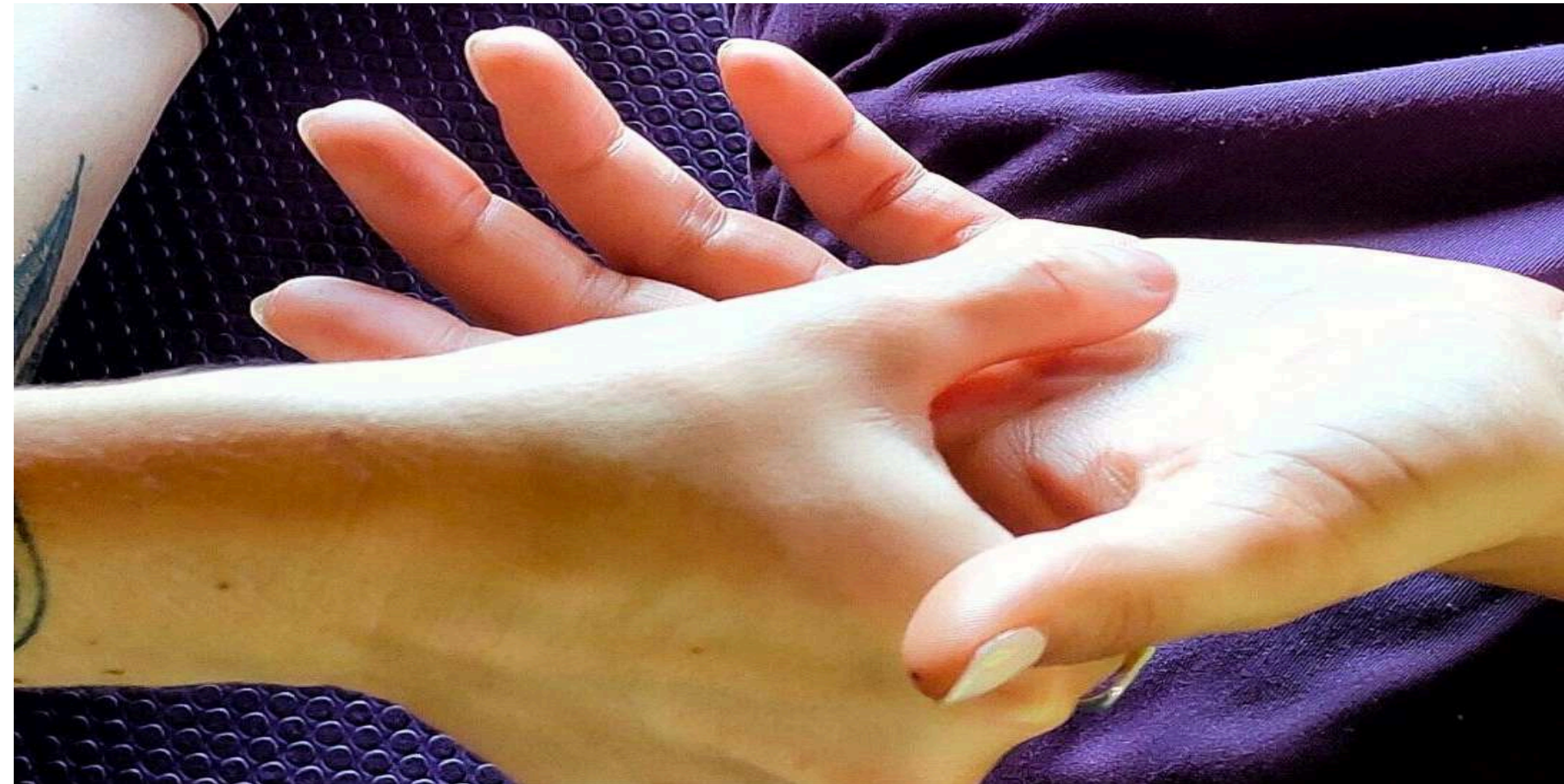
# YOU WILL LEARN

This course blends current science, ancient wisdom, and practical facilitation skills.

Sessions are designed to **deepen both mind and body awareness.**

You'll explore experiential practices, reflective exercises, and teaching methods to develop calm confidence while guiding others.

- Connect to your **body, subconscious & emotions**
- Practice **awareness and meditation techniques**
- Fine tune **nervous system tracking & regulation**
- Gain deeper **insight to your inner world** incl. perceptions, patterns, and behaviors
- Tune into your **intuitive knowledge**
- Learn science-based **manifestation techniques**
- Master **boundaries, consent & space-holding methods**
- Create a foundation of harmony, **connecting to yourself, others, and nature**





YOGAUNION BALI

# TYPES OF MEDITATION



- **Focused Attention**
- **Loving Kindness (Metta)**
- **Mindfulness**
- **Guided Meditation/Yoga Nidra**





# DAILY SCHEDULE





YOGAUNION BALI

# OUR DAILY SCHEDULE

08:00 – 9:00	BREATH & BODY AWAKENING AND MEDITATION
9:15 – 11:00	BREAKFAST & SELF-REFLECTION ASSIGNMENT
11:00 – 11:15	SHARING CIRCLE
11:15 – 13:00	THEORY & PERSONAL PRACTICE
13:45 – 15:45	LUNCH
15:45 – 16:00	Q&A TIME
16:00 – 17:45	TEACHING PRACTICE
18:15	DINNER & FREE TIME



YOGAUNION BALI

# OUR DAILY SCHEDULE

EACH MORNING



## Body & Mind Grounding and self-connection

We start the day with **mindful breath and movement** – to connect to body awareness.

Once grounded, you will **practice relaxing meditations** to release stress from mind and body, restore balance, uplift your mood and set a personal intention for the day.

Following the morning practice and before breakfast, you will **journal your meditation insights** to capture the learnings of your individual journey.



YOGAUNION BALI

# OUR DAILY SCHEDULE

## AFTER BREAKFAST

### Theory & personal practice

- **Body, mind, and emotional** awareness
- **Roots and philosophy** of meditation
- **Mindfulness and meditation** techniques
- **Nervous system** know-how & regulation **Self and co-regulation tools** in times of stress
- **The subconscious & neuroplasticity** (re-shaping your reality)
- **Sourcing creativity** from your intuitive mind
- **Self-acceptance**, forgiveness, and love
- **Consent & Communication methods** (e.g., needs, desires, listening skills, boundaries & agreements)

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





YOGAUNION BALI

# OUR DAILY SCHEDULE

AFTER LUNCH



## Teaching practice

We believe that **continuous practice** and **feedback** during this training – where we listen to and learn from each other – are **more effective than a final exam**.

For this reason, you will have the chance to **practice teaching with a partner** in a cosy and safe space.

You will receive encouraging and constructive tips from both the facilitators and your partners, helping you develop your skills and **grow in confidence as a teacher**.



YOGAUNION BALI

# YOUR TAKEAWAY

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

- Course **manual**
- Music **playlists** via Spotify
- **Lesson plans** for embodied movement
- **Facilitator instructions** for partner/group self-awareness exercises
- **Personal journal** notebook
- **Mala bead chain** for mantra meditation
- **Multiple Meditation scripts**







YOGAUNION BALI

# OUR TEACHERS

NINA

Hello dear one! Born in the UK, I've spent half my life living & learning within different cultures.

I love **working from the heart— empowering people** to empower themselves.

My background is in General Nursing, Hatha Yoga Therapy, Mindfulness, Meditation, Yoga Nidra, Hypnotherapy, Timeline Therapy, NLP & Somatic Consent™.

I'm the **author of the book:**

**50 Things to Know About Your Mindfulness & Meditation Journey**

I look forward to guiding you through this experience together with my **co-teacher, Jess** (Brazilian-born Meditation Teacher Trainer, Breathwork Facilitator & Integral Therapist) as well as a **teaching assistant** who will also be there to support your needs.



# 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

No Room	770€
<b>Double Room</b>	<b>890€ (Best Value)</b>
Private Room	990€
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: €250 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**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**



YOGAUNION BALI

# UPCOMING TTC DATES

**2025**

8 Dec – 14 Dec

**2026**

2 feb – 8 feb

30 mar – 5 apr

25 may – 31 may

20 jul – 26 jul

14 sep – 20 sep

9 nov – 15 nov





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



# 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.

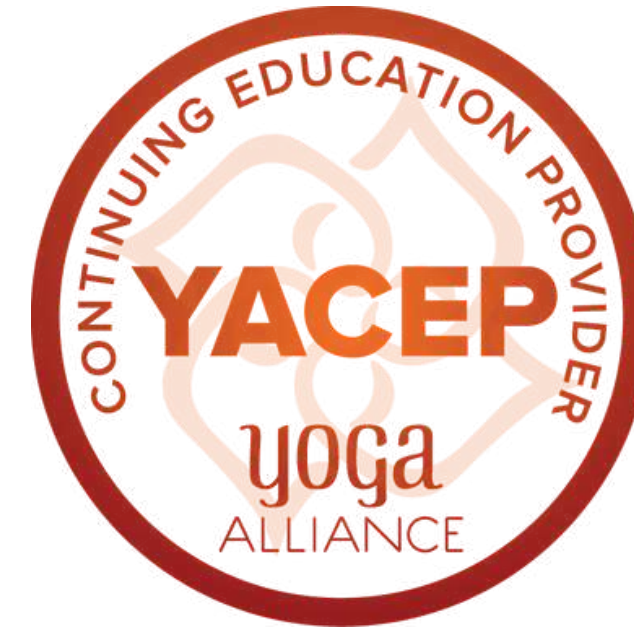
Over the course, you will grow on a **physical, mental, and spiritual level**, moving inward toward **self-realization and self-love**, the essence of yoga itself.



# 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



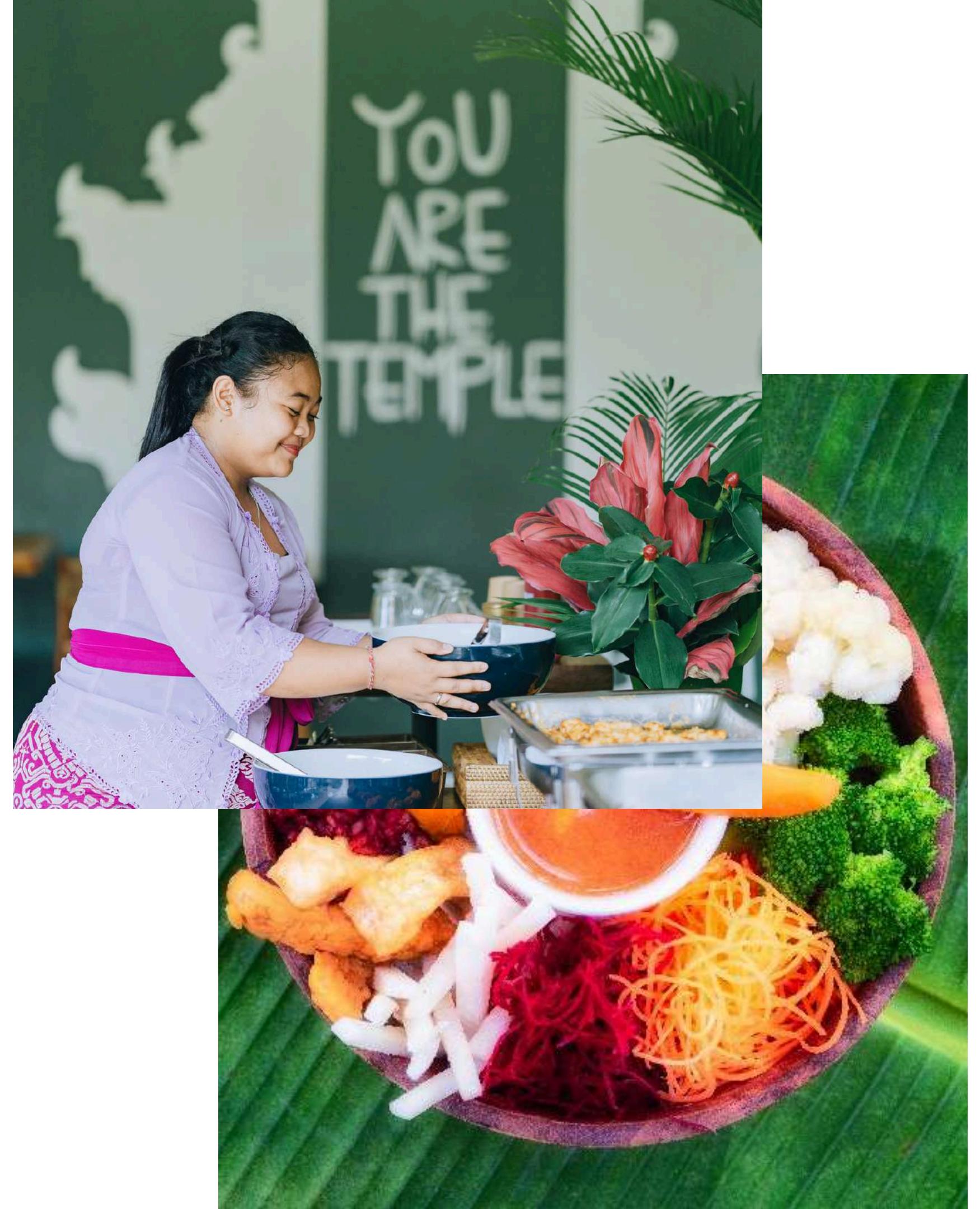
# NUTRITION

## 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)

 [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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