

# YOGA UNION

50H ART OF ADJUSTMENTS YTTC  
IN BALI



YogaUnion Bali



# YOGAUNION BALI

# 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](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

**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**.

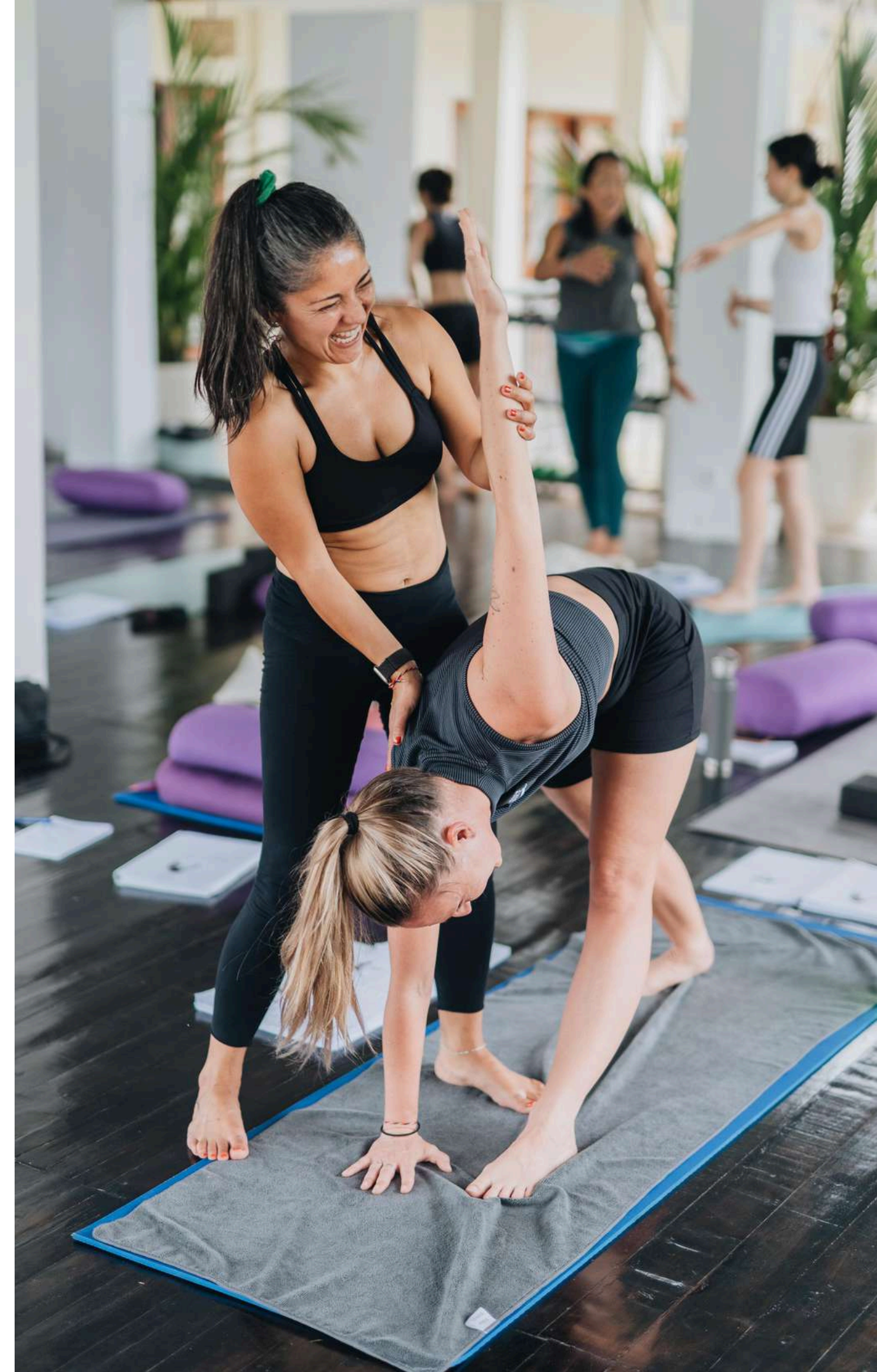
Join us to **explore deeper expressions of movement**, **stabilize the nervous system**, and discover how **intentional touch** can transform both your **practice** and your **teaching**.



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 BALI

# 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

# OUR TEACHERS

## GOURAV

Originally from **India**, Gourav grew up in Rishikesh, the **birth place of yoga**. So, it was no surprise when he pursued his **Bachelors in Yoga**, followed by **Masters in Yogi Science**.

He began **teaching in 2018** and since then he has been teaching **Ashtanga-Vinyasa, Iyengar and traditional Hatha practices** that focus on mobility, strength, and flexibility. Gourav also **specialises** in effective usage of props and **yoga alignment**.

His **engaging and relatable nature** with a twist of quirky humor cultivates a safe space for students to **deepen their practice** at the physical, mental and spiritual levels.

He has been **teaching, assisting** and leading teacher trainings in Bali and India. He uses yoga as a tool to **help students** work through injuries, imbalances, stress and brings about a **sense of peace**, wellness and **stability in their lifestyle**.

His classes **emphasize on alignment**, usage of props and a constant **trigger to explore your potential**. Be ready to leave his classes feeling **peaceful, yet empowered!**

Pro tip – when he says **few more breaths**, he doesn't really mean it.



YOGAUNION BALI

# TEACHING

## METHODOLOGY

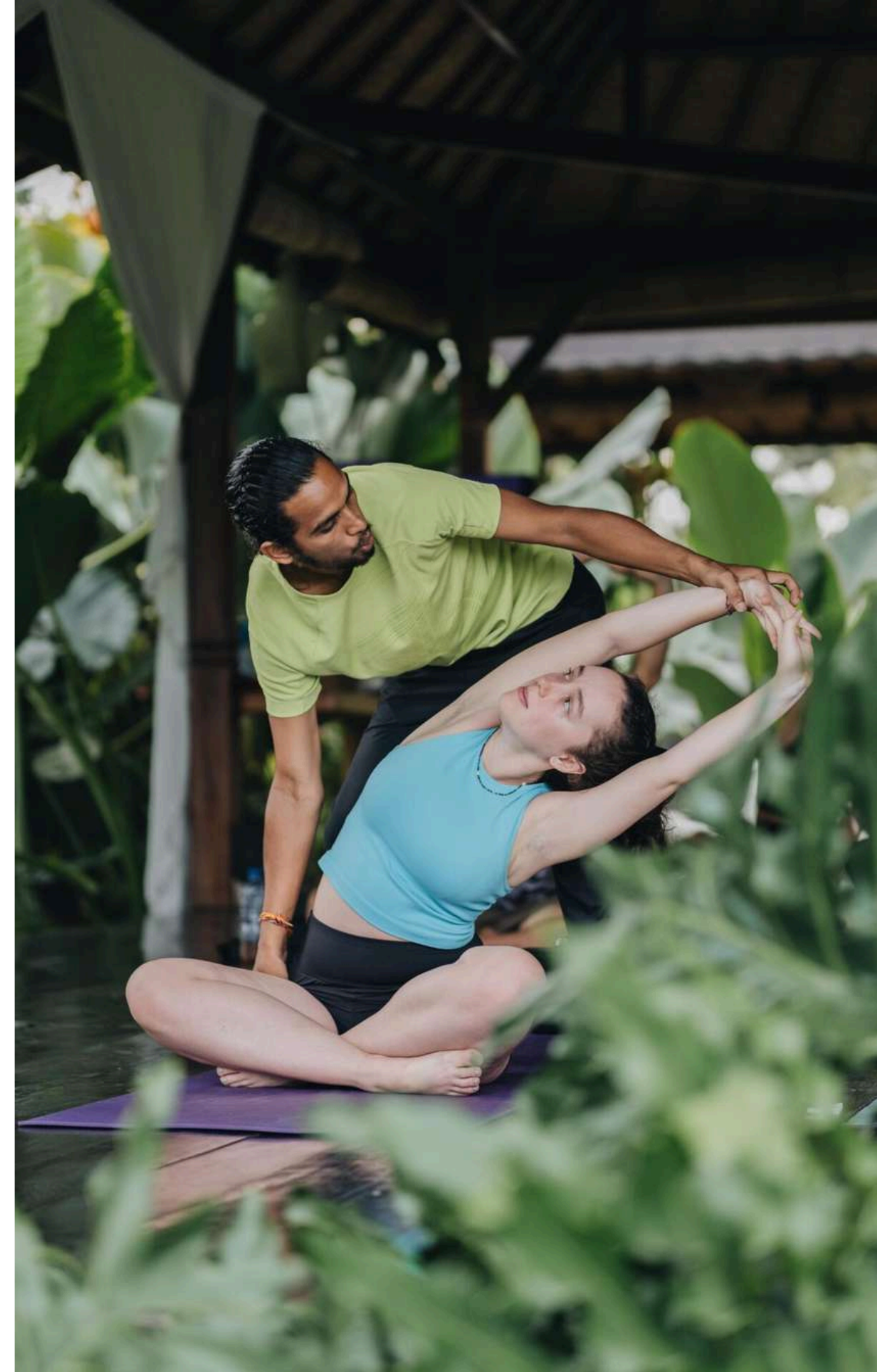
We **believe** that you **begin teaching** from the moment you **enter our shala**. We aim for the lessons to be confidence-building and progressive.

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 BALI

# 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:** Ubud, Bali
- **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 BALI

# 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 BALI

# 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](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: 5-20 students**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**



YOGAUNION BALI

# UPCOMING TTC DATES

**2025** Nov 10-16

**2026** TBD





# 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.

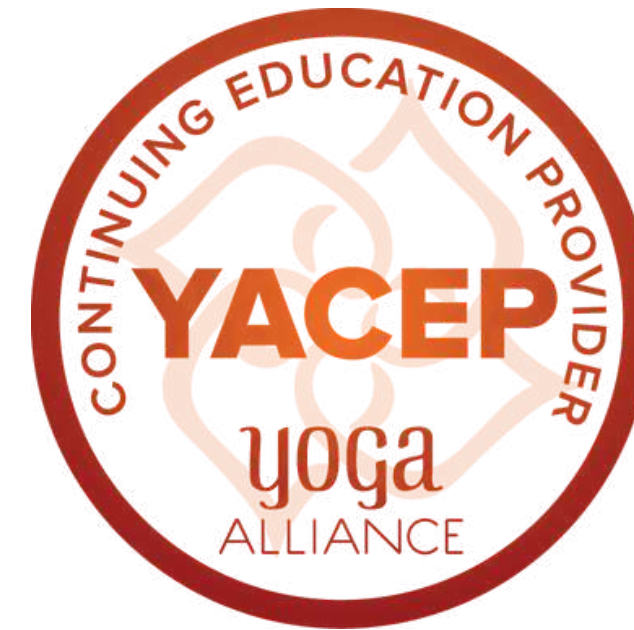
Over the course, you will grow on a **physical, mental, and spiritual level**, moving inward toward **self-realization and self-love**, the essence of yoga itself.



# 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



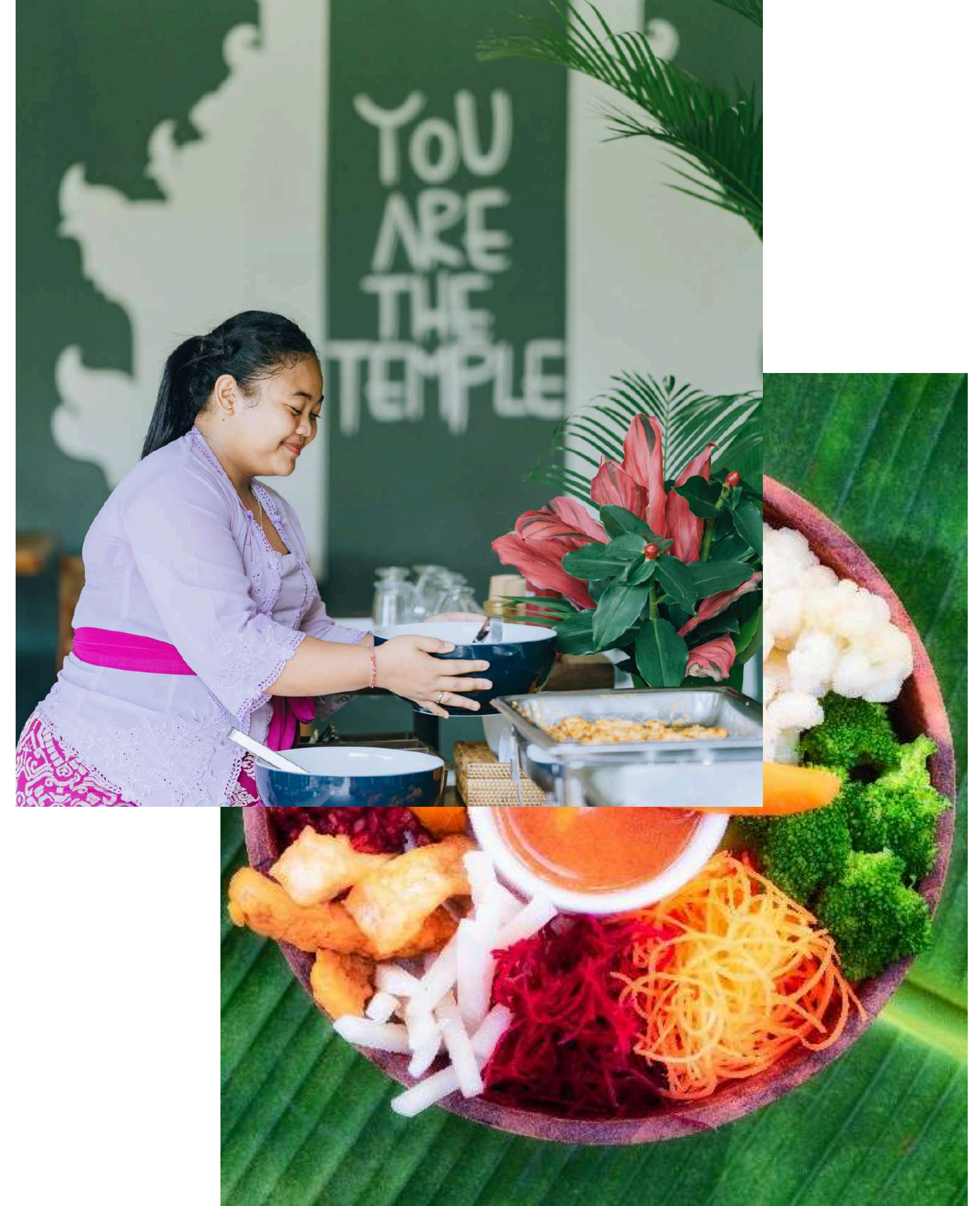
# NUTRITION

## 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

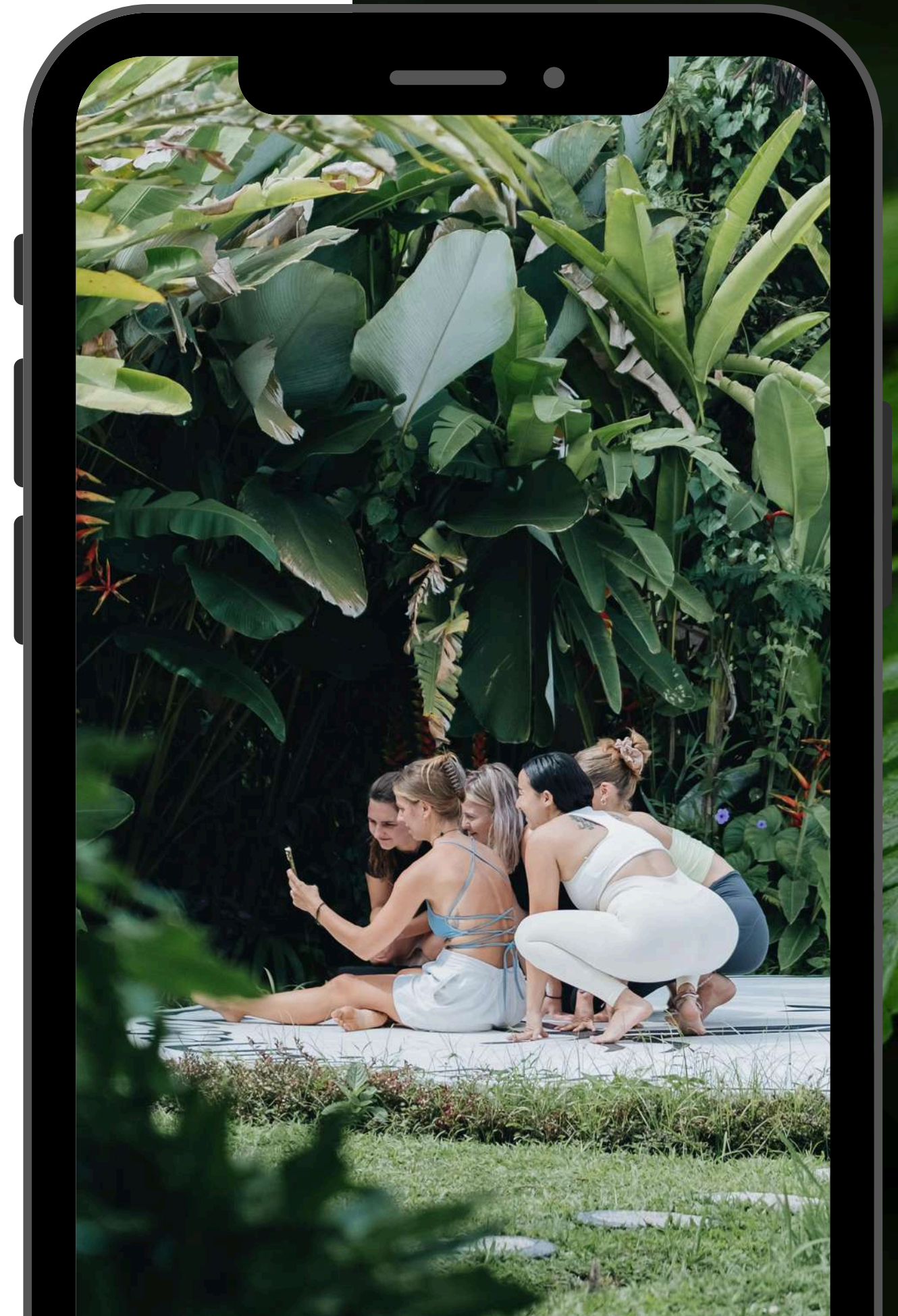
 [@yogaunionbali](https://www.instagram.com/yogaunionbali)

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

 [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

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