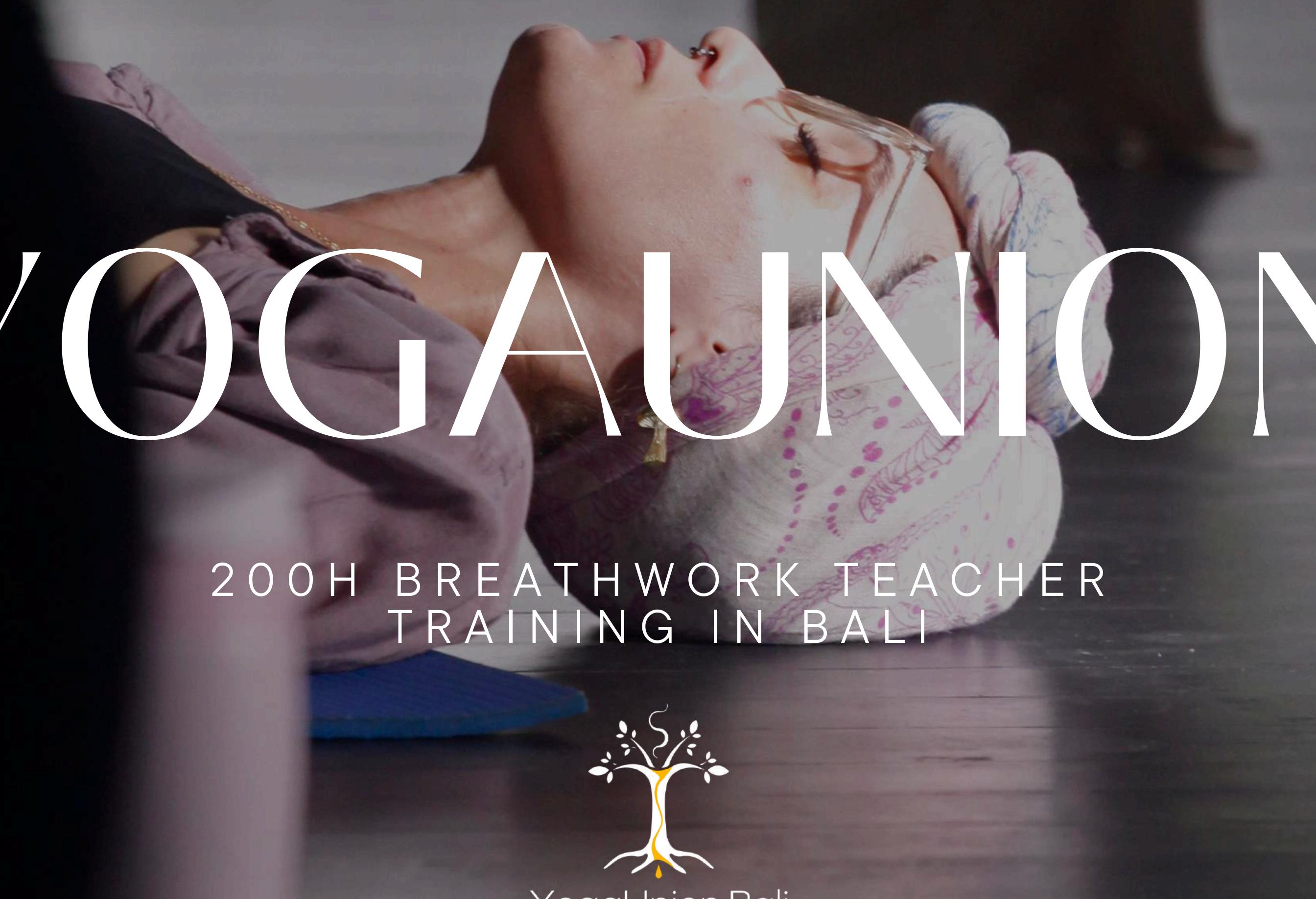


# YOGA UNION



200H BREATHWORK TEACHER  
TRAINING IN BALI



YogaUnion Bali

# YOGAUNION BALI 200H BREATHWORK

Dear Human Being,

Are you ready to dive into the **transformative power of breath?**

This is more than just a training, it's a **journey inward**, unlocking **clarity, energy, and resilience**.

Join us in **Bali**, where ancient wisdom meets modern practice.

Discover how conscious breathing can shift your **body, mind & spirit**.

Come to **explore, grow, and awaken** your potential.

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





# YOGAUNION BALI

# OUR MISSION

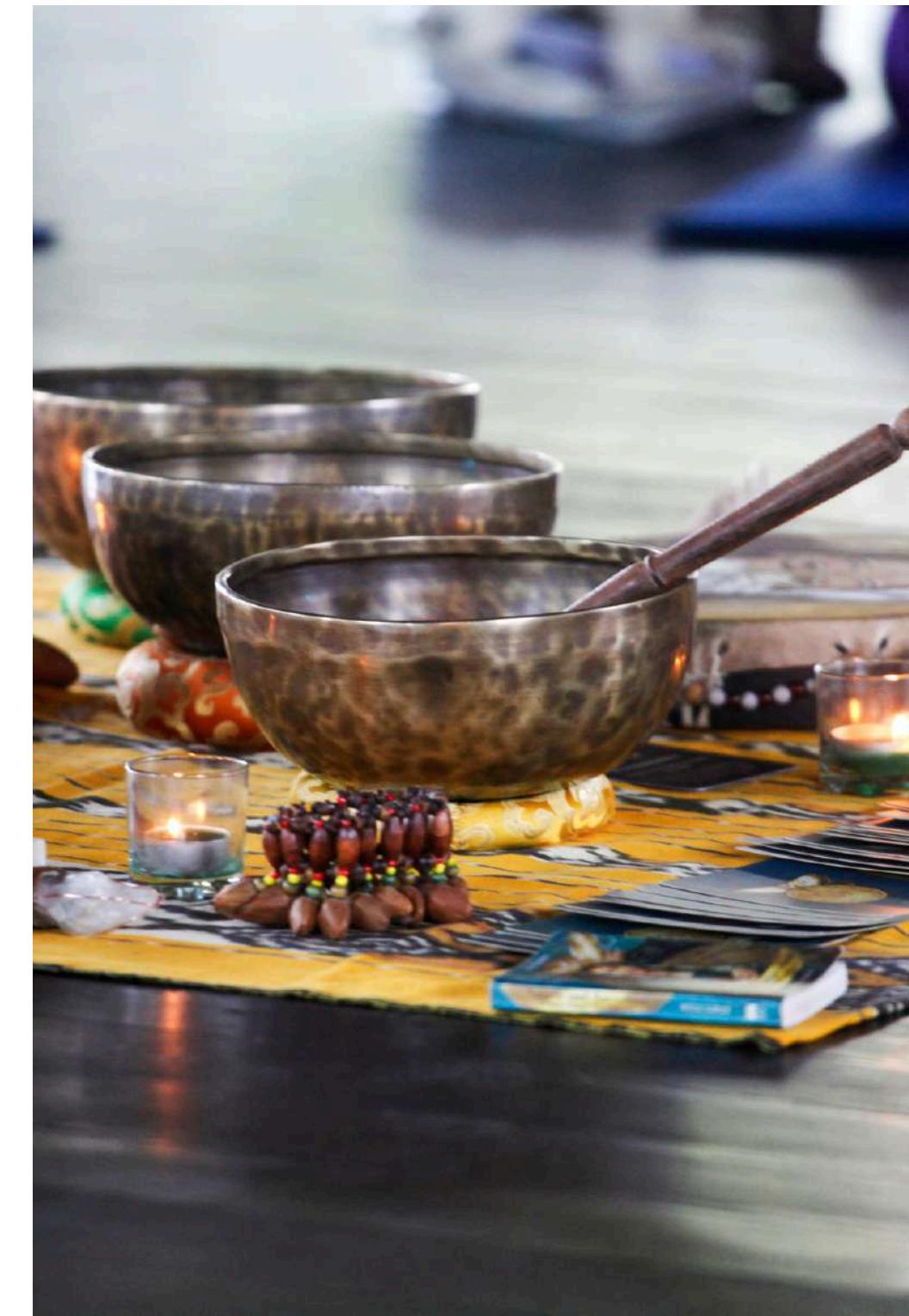
At **YogaUnion**, we don't just **breathe**, we **transform**.  
We **shake, release, cry, laugh, and rise together**.

On the mat and in the breath, we **remember who we are**.

Every **breath** is a **journey**, every **class** a **breakthrough**,  
every **day** a **homecoming**.

Here, you're **seen, held**, and **never alone**. You'll find your **people**, your **circle**, your **safe space** to grow, feel, and heal.  
This is more than **breathwork**. It's a **movement**, a **tribe**, a **return** to your **wild, brave self**.

This is **YogaUnion**, where you **find yourself**, and your **forever family**.





YOGAUNION BALI

# OUR COURSE

Drawing from years of experience, our team has crafted a **comprehensive & transformative program**.

This 200h Breathwork Training is designed to **challenge & nurture** you at every stage.

The course blends **ancient practices with modern science**, giving you the tools to embody and share the power of conscious breathing.

# OUR FOCUS

## What we will focus on:

- **Build a solid foundation** in Breathwork practice
- Gain **confidence** in guiding others
- Explore **ancient techniques** and **modern breath science**
- Learn to **regulate the nervous system** and emotions
- Engage in **daily practice, theory and conscious connected breathwork sessions**

At the heart of this training lies **Facilitation Training**, guiding **1:1 and group sessions** with confidence. Through **hands-on experience** and feedback, you'll learn to hold **safe, transformational spaces** rooted in **clarity and compassion**.

Master **Sacred Space Holding**, using **ritual, sound, and intention**. Explore **Sound & Music** as allies, integrating **instruments, voice, and curated playlists** into each journey.

Daily **workshops** and **integration tools, journaling, circles, grounding**, make transformation sustainable. With **six months of mentorship**, you'll grow as an **authentic, heart-led facilitator**.

**Most importantly**, this journey begins with your own **healing**, cultivating **embodiment, experience, and integrity**, the essence of **authentic spaceholding**.





YOGAUNION BALI

# OUR TEACHER

JESS PALMEIRA

**Jess Palmeira** is an **Integrative Therapist, Breathwork & Somatics for Embodied Leadership Facilitator**, and **Meditation Teacher** with over a decade of guiding groups worldwide. She is devoted to **healing, embodiment & collective transformation**.

Born in **Brazil**, Jess brings a living connection to **spirituality, nature & shamanic traditions**, blending **ancient wisdom with modern somatics**.

Her approach unites **Pranayama & Conscious Connected Breathwork**, touching the **mental, physical, emotional & spiritual** layers. She integrates **nervous system regulation, trauma-aware facilitation & emotional release**, always with a **heart-led presence**.

Jess is a **Human BE-ing Facilitator**, rooted in **clarity, integrity & authenticity**. Her work is a safe space for **deep yet joyful transformation**, guiding you into **embodied leadership & wholeness**.

# DAILY SCHEDULE

# WHAT YOU CAN EXPECT

- Each day begins with **morning practice**, pranayama and somatics & embodiment movements.
- Mornings dive deep into **theory & facilitation skills**.
- Afternoons focus on **experiential workshops & applied methodology in CCB**.
- You'll practice leading sessions from the start, building **confidence & presence** step by step.
- By the final week, you'll guide a **full session**, embodying your role as a facilitator.\*



\* During training, you will facilitate 10 supervised peer sessions across 3 weeks.

These include both 1:1 and group formats, giving you repeated chances to refine your voice, timing & presence.

# REQUIREMENTS & CONTRAINDICATIONS



No prior experience with **Conscious Connected Breathwork (CCB)** is required, though we recommend trying at least one **group** beforehand. Familiarity with **yoga, meditation, or embodiment practices** will support your journey.

**CCB can evoke deep physical and emotional release**, so it may not be suitable for those with **cardiovascular conditions, glaucoma, epilepsy, recent injuries or surgeries, pregnancy (first or last trimester), or severe mental health concerns**. Please consult your doctor if uncertain.

This training is **trauma-informed**, yet **not a substitute for therapy or medical care**.

By enrolling, you agree to take **responsibility for your wellbeing** and share any relevant health conditions with facilitators, ensuring a **safe and supportive environment** for all participants.



YOGAUNION BALI

# OUR DAILY SCHEDULE

<b>07:15-8:15</b>	<b>PRANAYAMA</b>
<b>8:15-9:45</b>	<b>EMBODYMENT PRACTICES</b>
<b>10:00-11:15</b>	<b>BREAKFAST</b>
<b>11:15-13:30</b>	<b>THEORY CLASS</b>
<b>13:30-14:45</b>	<b>LUNCH</b>
<b>15:00-16:15</b>	<b>WORKSHOPS</b>
<b>16:15-18:00</b>	<b>CONSCIOUS CONNECTED BREATHWORK JOURNEYS</b>
<b>18:00-18:30</b>	<b>INTEGRATION</b>
<b>18:30</b>	<b>DINNER</b>

7:15 – 09:45



# BREATH & EMBODIMENT

Each morning begins with a **pranayama practice**, where you'll explore **functional and regulating breath techniques** that cultivate balance, clarity, and focus. This daily breathwork strengthens your awareness and sets the energetic tone for the day.

Following pranayama, you'll move into an **embodiment class**, weaving together somatics, yoga, *mindful movement*, or *meditation*. These practices are designed to **awaken the body**, gently **ground the nervous system**, and bring you into deep connection with **presence**.

Through this consistent rhythm, mornings become a **sacred ritual**, aligning breath, body, and mind in preparation for the transformative work ahead.

11:30 – 13:30

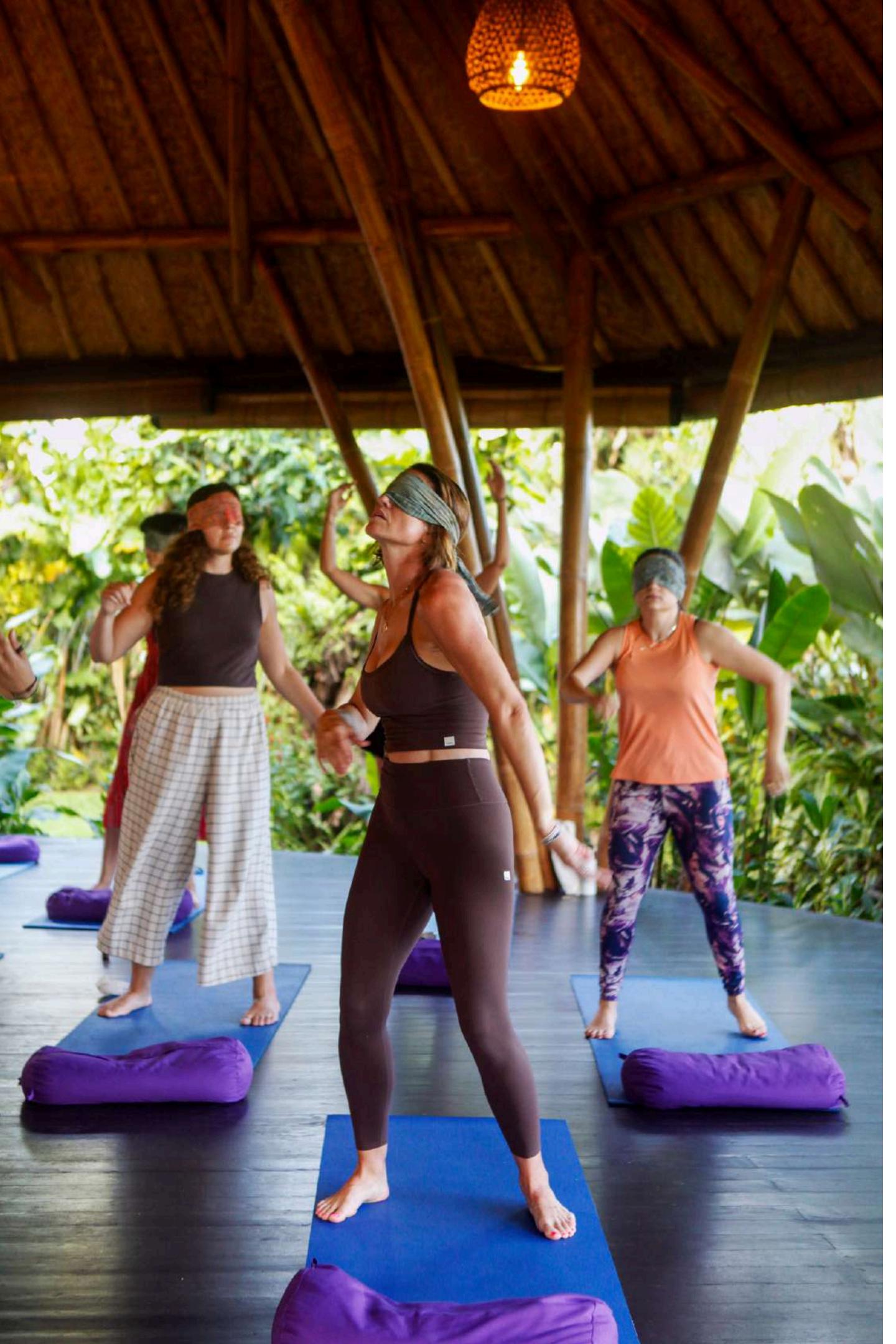
# IN-DEPTH & LEARNING

After breakfast, the focus shifts into **theory & integration**, grounding your practice with knowledge and awareness. You'll study the **nervous system**, the **anatomy of breath**, and diverse **styles of breathing**, exploring how they shape physical and emotional states.

We dive into **somatic cues, body positions & sensations**, and the depth of **Conscious Connected Breathwork (CCB)**, including its many styles and applications.

These sessions also cover **altered states of awareness, session structure, emotional intelligence, trauma-informed principles, crisis response & shadow work**. Finally, you'll deepen **personal practice, sacred spaceholding & self-embodiment**, bringing clarity and integrity to your facilitation.





Throughout the training, you'll join **experiential workshops** designed to expand both your **personal growth and professional toolkit**.

Explore **healing & embodiment** practices such as *Parts-Work artistry, Womb & Birth Healing, and Shame & Sexuality Liberation*, opening pathways for deep release and integration.

Step into **expression & creativity** with *Voice Activation, Sacred Music, and Playlist Curation*, discovering the artistry of sound and presence.

Connect with **soul & spirit** through *Spiritual Archetypes, Heart Space practices, and Somatic Consent & Boundaries*, while awakening **purpose & empowerment** by addressing *Addiction, Self-Sabotage, Abundance, and Soul's Calling*.

These sessions nurture **confidence, clarity & transformation**.

15:00 - 16:15

AFTER LUNCH ARE FOR

WORKSHOPS

16:30 – 18:00

# TRANSFORMATION

During the training, you will engage in **Conscious Connected Breathwork journeys**, each session a powerful dive into the inner landscape. These guided experiences invite you to explore core themes such as **Inner Child Healing, Repressed Anger & Rage, Grief, and Mother/Father wounds**.

You'll also journey into **Ancestral Work & Shamanism**, uncovering the threads that shape your lineage, as well as **Shadow Work**, where hidden aspects of self are revealed and integrated.

Through explorations of **relationships, soul purpose, and beyond**, these journeys become gateways for profound **healing, transformation & awakening**, supporting both personal growth and facilitator embodiment.





18:00 - 18:30

# SHARING & CONNECTION

Each day closes with a circle of **group sharing, Q&A, and community reflection**. This sacred space allows you to **integrate the day's experiences**, ask questions, and receive support.

Through **open dialogue and honest exchange**, you gain new clarity and witness different perspectives, deepening your understanding of both practice and self. These evening sessions nurture a sense of **belonging & connection**, reminding you that the journey is not walked alone.

By ending each day in **community presence**, you embody the values of trust, compassion, and reflection, carrying them into the next stage of your training.



A scenic view of lush green rice terraces on a hillside, with a palm tree in the foreground.

# 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)**

**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](mailto: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.

# PRICES

**200H - 22 nights (23 days) in Ubud, Bali**

Double Room

3100€

**Private Room**

**3450€ (Best Value)**

\*\* 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: €500 secures your spot.

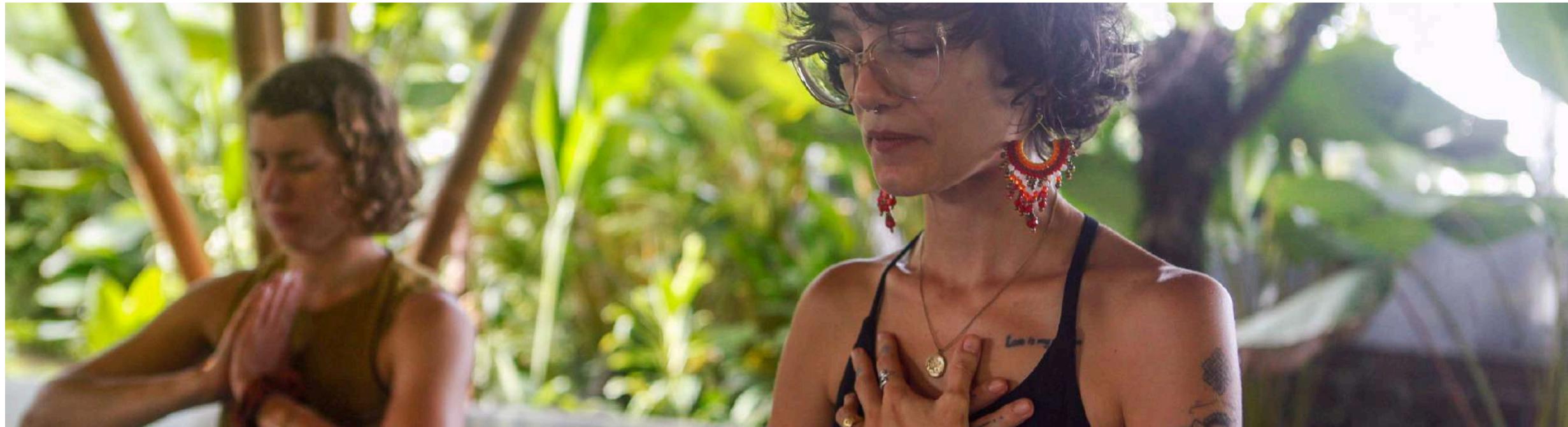
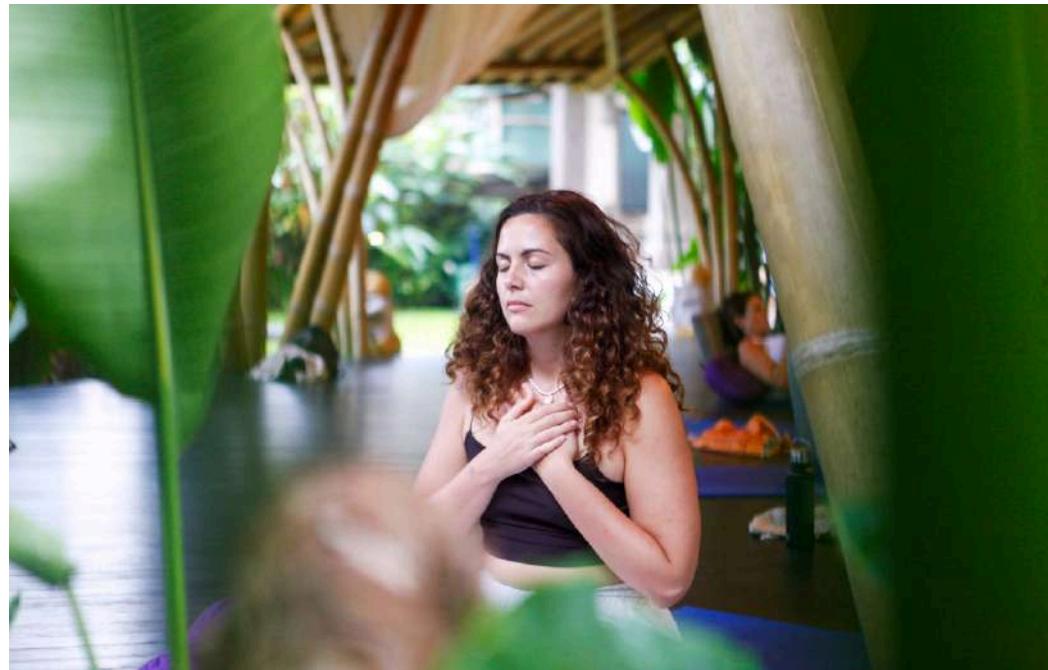
The deposit is non-refundable, but fully transferable to another

date.

Payment plans are available.

**BOOK NOW**

# WHAT'S INCLUDED



## What's Included in Your Training:

- **200h Training** in Bali
- **Tuition & course materials**
- **3 vegetarian meals/day** (6 days per week)
- **Accommodation options** available
- **Yoga Alliance Certification Diploma** (200h RYT)
- A transformative journey of **growth & connection**

YOGAUNION BALI

# UPCOMING TTC DATES

**2026**

**31 May - 22 Jun**  
**15 Nov - 7 Dec**





LIVING THE  
EXPERIENCE

# PASS THE EXAM

During training, you will facilitate **10 supervised peer sessions** across 3 weeks.

These include both **1:1 and group formats**, giving you repeated chances to refine your **voice, timing & presence**.

Each practicum is **observed & followed by feedback**, ensuring you graduate with **embodied experience** and the **confidence to guide safe, transformational spaces**.

Beyond practice, you'll complete a **written exam** covering:

- **Breath physiology**
- **Nervous system awareness**
- **Trauma-informed principles**
- **Session structure & ethics**

This anchors your facilitation in both **science & skill**, grounding your work with **clarity & integrity**.



# DIPLOMA



## CERTIFICATION & PERSONAL GROWTH

To graduate, you must complete:

- **Full attendance**
- At least **10 supervised sessions**
- The **written exam**

On completion, you'll receive a **200h Conscious Connected Breathwork Teacher Training Certificate**, accredited by **Yoga Alliance**.

This internationally recognized diploma qualifies you to guide **1:1 & group sessions** with **credibility, responsibility & confidence**.

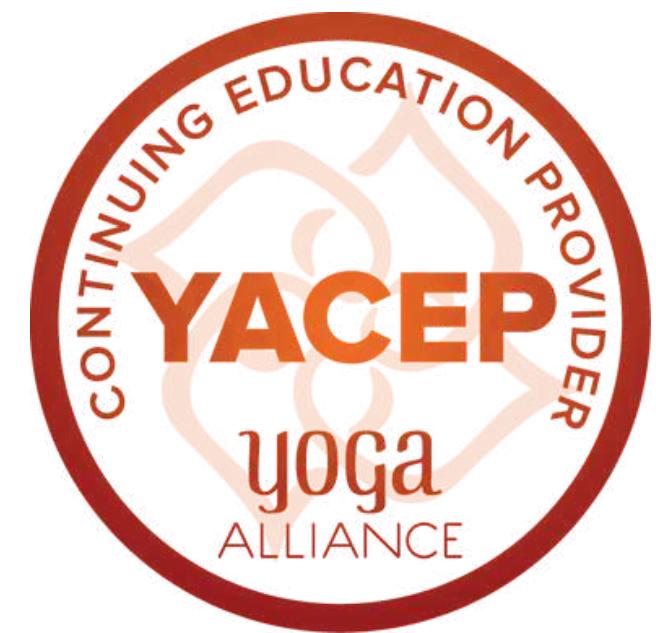
# YOGA ALLIANCE

**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**.

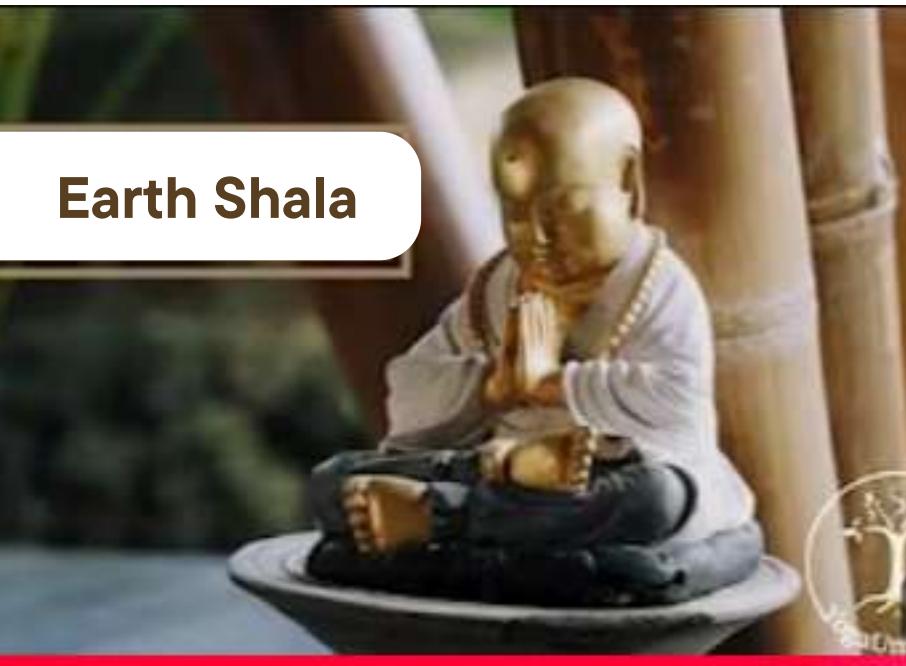
# THE ACCOMODATIONS

# SHALAS

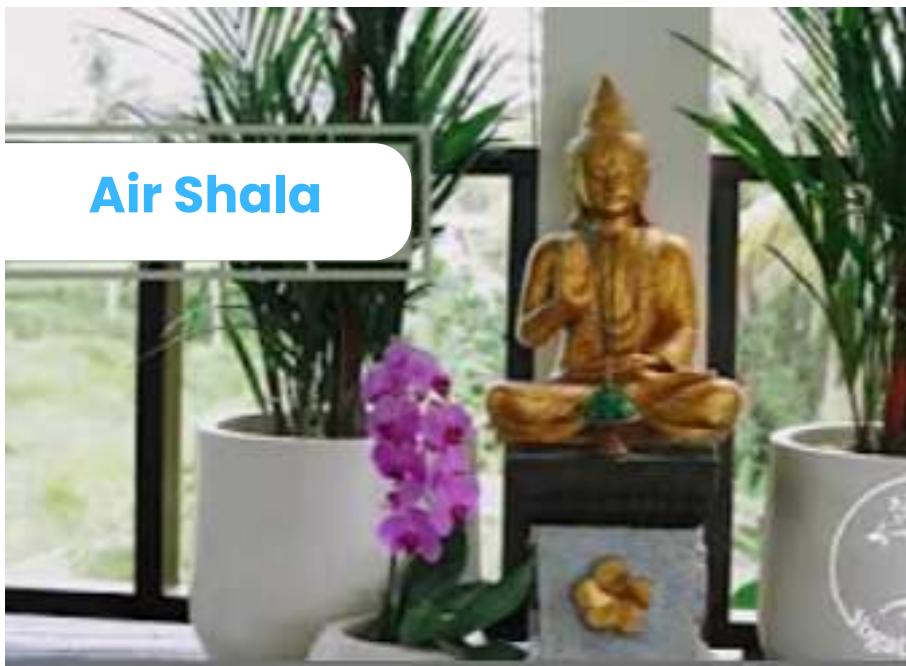
Our beautiful shalas in Ubud are set in **stunning natural surroundings**, Fire, Earth, and Air Shalas in a **serene rice field neighborhood**, and Water Shala in the **heart of Ubud**, surrounded by **lush forest and a flowing river**. Each has its **unique charm**, offering an **immersive experience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



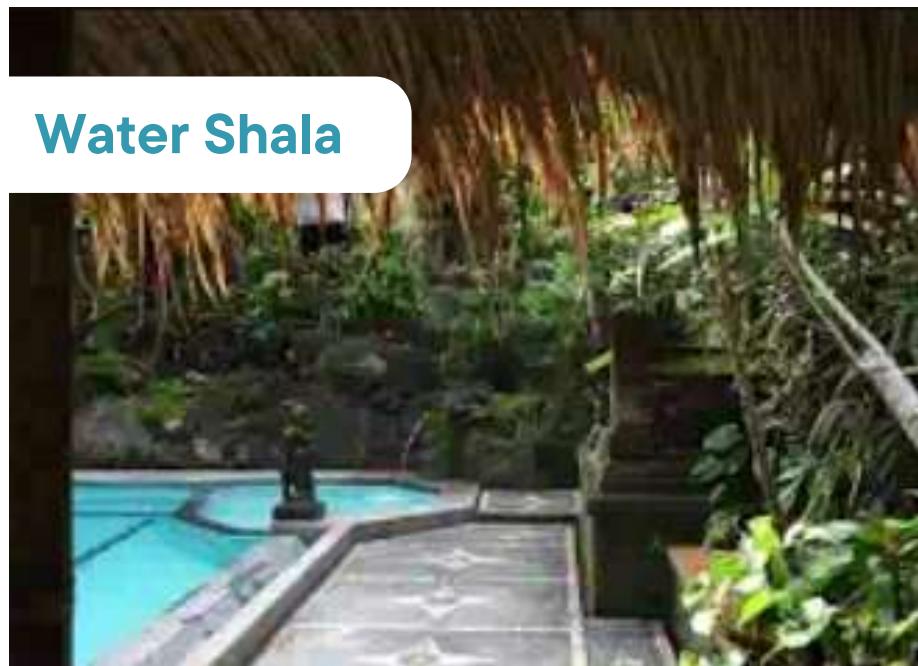
**Fire Shala**



**Earth Shala**



**Air Shala**



**Water Shala**



*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](http://www.yogaunionbali.com)
-  [yogaunion.bali](https://www.tiktok.com/@yogaunion.bali)
-  [+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**



- [+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)