

# YOGA UNION

BALI 50H ASHTANGA YTTC



YogaUnion Bali

# YOGAUNION BALI 50H ASHTANGA

Dear Yogi,

**Deepen your Vinyasa and Ashtanga practice** in the tranquil heart of **Bali**.

Refine your **alignment**, strengthen your **body and breath**, and awaken a deeper sense of **awareness and flow**.

Surrounded by lush nature and a **supportive community**, you'll grow through movement, stillness, and connection – embodying the true essence of **yoga as transformation**.

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





# YOGAUNION BALI OUR MISSION

At **YogaUnion Bali**, we challenge the norm and go beyond practice.

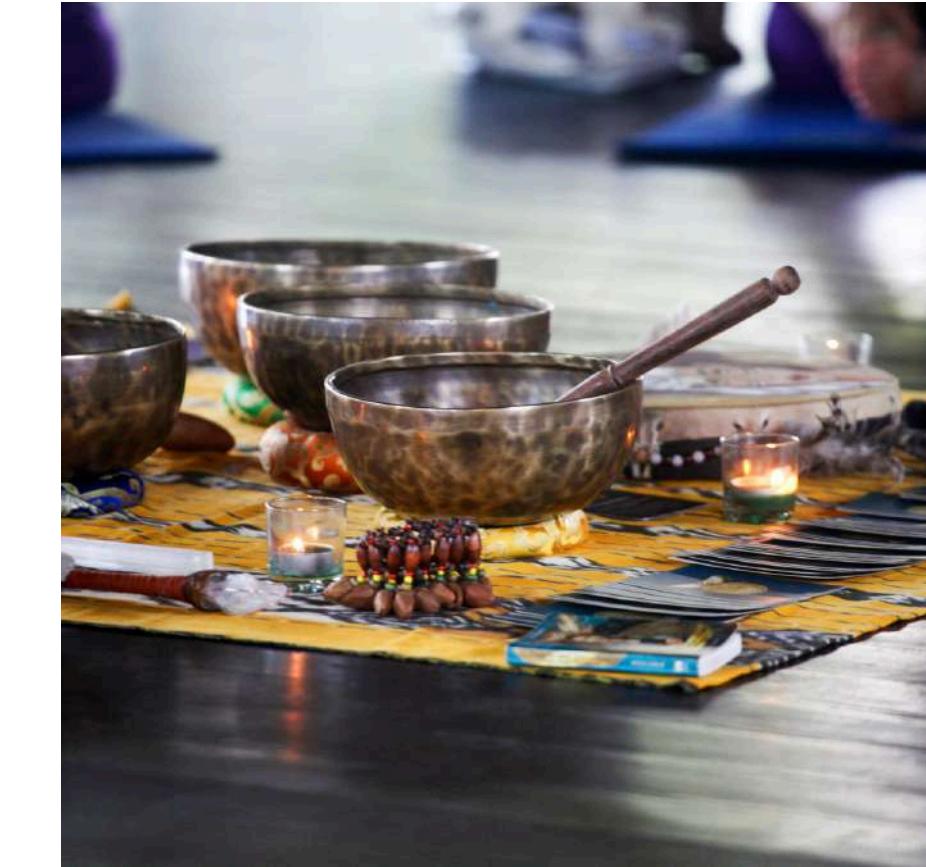
We learn, unlearn, break, and grow together.  
Every day on our mats, **we sweat, laugh, and cry as one.**

We stay **present, mindful, and supportive of one another.**

We embrace challenges, welcome uncertainty, and actively seek growth.

**Together**, we build unbreakable bonds and join a continuously expanding community.

We become more than just a group; **we become a family, a union - a YogaUnion.**





YOGAUNION BALI

# OUR TEACHERS

With over **15 years of experience** in teaching, assisting, and leading trainings across **India** (Mysore, Goa, Rishikesh, Dharamshala) and worldwide — including **Mexico, Guatemala, Europe, Thailand, and Bali** — **Sharath** has carefully designed this **50-hour module** to be both **practical and transformative**.

The training is crafted to **challenge and support** students of all levels, encouraging growth in both body and mind.

**Cecilia**, a **certified first-level Ashtanga teacher** and **second-sequence practitioner**, will assist throughout the course, sharing her refined knowledge and compassionate guidance to **enhance each student's learning journey** and deepen their connection to the **Ashtanga tradition**.

YOGAUNION BALI

# OUR FOCUS

Our **50-hour Ashtanga Vinyasa & Creative Sequencing Course** focuses on **asana practice**, blending **tradition and innovation** to strengthen your **technique, confidence, and understanding**.

You'll build a **solid self-practice**, refine **alignment and adjustments**, and explore **sequencing principles** rooted in **Vinyasa flow**.

Afternoon sessions dive into **Vinyasa workshops, Pranayama, and Chanting**, alongside a unique **Animal Movement and Handstand Workshop** inspired by **Capoeira**. The program also integrates **methodology, theory, philosophy, anatomy**, and insights into **Ayurveda, nutrition, and healing**.

Designed for all levels, this training empowers you to grow as both a **skilled teacher** and a **dedicated self-practitioner**, deepening your connection to the **Ashtanga Vinyasa tradition**.



# DAILY SCHEDULE

# WHAT YOU CAN EXPECT

Experience **5 transformative days** of **Mysore-style Ashtanga Vinyasa Yoga**, complete with **hands-on adjustments** and a **Led Class** on the final day.

Each morning begins with **pranayama, meditation, and mantra chanting**, followed by a dynamic **Ashtanga practice** that deepens your **self-practice** and awareness.

Late mornings explore **asana alignment, adjustments, and teaching methodology**, while early afternoons alternate between **Yoga Philosophy, Anatomy, and Yoga Nidra**.

Afternoons shift into **creative Vinyasa workshops**, focusing on **sequencing** and specialized themes such as **hip opening, backbending, and inversions**.

From the very first day, you'll gain **teaching experience**, cultivating the **confidence and skills** to lead classes with precision, flow, and authenticity.





YOGAUNION BALI

# OUR DAILY SCHEDULE

<b>06:00-6:30</b>	<b>SHATKARMA</b>
<b>6.30-8:30</b>	<b>mysore ashtanga</b>
<b>8:30-09:00</b>	<b>PRANAYAMA</b>
<b>10:30-12:30</b>	<b>ADJUSTMENT &amp; ALIGNMENT</b>
<b>14:30-16:00</b>	<b>ANATOMY &amp; PHILOSOPHY</b>
<b>16:30-18:00</b>	<b>SPECIAL WORKSHOPS</b>
<b>18.00-18:30</b>	<b>CHANTING &amp; KIRTAN</b>

6:00 - 6:30 AM

# SHATKARMA



**Shatkarma**, the yogic science of **purification**, is a vital practice for cleansing the **body, mind, and energy channels**.

Rooted in traditional Hatha Yoga, these six purification techniques prepare the practitioner for **deeper breathwork and meditation**, promoting **balance and vitality** from within.

In this module, you will learn essential **Shatkarma techniques**, including **Jala Neti** (nasal cleansing), **Kapalabhati** (frontal brain cleansing), and **Trataka** (concentration through gazing).

Each practice enhances **respiratory health**, clears **energy blockages**, and supports **mental clarity**.

Through consistent practice, **Shatkarma** cultivates a sense of **lightness, focus, and purification**, laying the foundation for a more **conscious and embodied yogic journey**.

# 6:30-8:30 AM MYSORE ASHTANGA

The **Mysore Ashtanga session** offers a traditional and deeply personal approach to **Ashtanga Vinyasa Yoga**.

In this self-paced practice, students move through the **Primary Series** at their own rhythm, while receiving **individual guidance and hands-on adjustments** from the teacher.

Each session cultivates **discipline, awareness, and independence**, allowing you to deepen your **self-practice** while honoring your body's unique flow. The teacher supports each student's progression with **personalized instruction**, ensuring a safe and steady evolution.

Practicing in silence alongside others creates a shared energy of **focus and devotion**, transforming the Mysore room into a space of **growth, strength, and inner stillness**.



8:30 - 9:00 AM

# PRANAYAMA



**Prana** means *breath* and **Yama** means *control* – together, they form the foundation of **energy flow** in yogic practice.

Each morning begins with **Pranayama**, offering the opportunity to **ground, center**, and set your **intention and energy** for the day ahead. Through mindful breathing, you'll cultivate **awareness of body and mind**, awakening inner stillness and vitality.

You will learn and practice

- **Yogic Breathing, Nadi Shodhana** (alternate nostril breathing),
- **Bhramari** (humming bee breath),
- **Ujjayi** (victorious breath),
- **Bhastrika** (bellows breath), and
- **Kapalbhati** (cleansing breath).

These ancient techniques enhance **focus, balance**, and **energy flow**, connecting you to the deeper rhythm of life through breath.

10:30 - 12:30PM

# ADJUSTMENTS & ALIGNMENTS

The **Alignment & Asana Lab** is dedicated to understanding and refining both **basic and advanced postures**.

You'll study **alignment principles** rooted in tradition while integrating modern **body mechanics** to create balance, precision, and safety in your practice.

Through detailed **asana analysis**, you'll explore over **80 postures**, including **arm balances, backbends, and inversions**, while learning effective **modifications** and **variations** for all levels.

With continuous **teacher guidance**, you'll develop skill and confidence in offering **hands-on and verbal adjustments** and discover how to use **props** to support intelligent alignment.

This class refines your **technique**, deepens understanding, and enhances your ability to teach with **clarity and integrity**.





14:30-16:00 PM

# PHILOSOPHY

Together we'll **travel back to the roots of yoga in India**, exploring how it evolved into the **modern practice** we know today. Through **philosophy and storytelling**, you'll discover how these timeless teachings can be **applied to your own life** — both on and off the mat.

The lessons are **conversational and interactive**, encouraging you to reflect, share, and connect with the deeper meaning of yoga.

## What you'll explore:

- **History & meaning of yoga**
- **The Eight-Limb Path** of Patanjali
- **Energy systems**: Prana, Vayus, Nadis, Chakras & Kundalini
- **Gunas & Doshas**, with an intro to the **yogic diet**
- **Mudras, Bandhas & Mantras**
- **The meaning of Om**
- **Lifestyle & ethics** as a practitioner and teacher

This is a journey of **wisdom, reflection, and self-discovery** — where ancient knowledge becomes a **living practice**.

14:30-16:00 PM

# ANATOMY

This is a journey of **wisdom, reflection, and self-discovery** — where ancient knowledge becomes a **living practice**.

You'll take a **deep dive into the human body**, exploring the **nervous, skeletal, and muscular systems** and how they work together to create movement. This knowledge will empower you to **bring awareness and precision** into your **practice, teaching, and daily life**.

Our **conversational, interactive approach** makes even complex concepts **fun, engaging, and intuitive** — so you can truly embody what you learn.

## What you'll explore:

- **Introduction to Anatomy** & the body's systems
- **In-depth study** of the skeletal system, connective tissue, muscles & nervous system
- **Movement analysis** of joints & muscles with direct application to yoga practice & asanas

This is where **science meets practice**, giving you the tools to move, teach, and live with greater **awareness and alignment**.





16:30-18:00 PM

# SPECIAL WORKSHOPS

The **Workshops** are designed to expand your understanding of **creative Vinyasa** and the art of **intelligent sequencing**. During these **afternoon sessions**, you'll explore dynamic themes such as **hip opening, backbending, and inversions**, deepening both your physical practice and teaching skills.

Each workshop blends **technique, creativity, and exploration**, guiding you to craft meaningful **Vinyasa flows** that balance strength, fluidity, and awareness.

Through hands-on guidance and embodied learning, you'll refine your approach to **movement, alignment, and transitions**, gaining the tools to design classes that inspire and empower.

These sessions foster **confidence, creativity, and growth**, shaping you into a more **skilled and conscious teacher**.



The **Chanting & Kirtan** sessions invite you to connect with the **heart of yoga** through the sacred power of **sound and vibration**.

Rooted in ancient tradition, **mantra chanting** and **devotional singing** cultivate **presence, joy, and unity**, allowing you to experience yoga as a practice of both **expression and surrender**.

You'll explore the meanings and vibrations of **traditional Sanskrit mantras**, learning how sound influences **energy and emotion**. Through collective **Kirtan**, voice activation, and rhythm, you'll discover the transformative power of **music as meditation**.

These sessions awaken **devotion (bhakti)**, expand the **heart space**, and reconnect you to the essence of **community, flow, and inner peace**.

**18.00-18:30PM**

# **CHANTING & KIRTAN**

A scenic landscape featuring rolling green hills and mountains in the background under a cloudy sky.

# 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 Accommodation 1000€

Double Room 1150€

**Private Room 1350€ (Best Value)**



In order to secure your place we require the below deposit:

\*\* 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

**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.

# 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: Ashtanga – Vinyasa Mix**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**

YOGAUNION BALI

# UPCOMING TTC DATES

**2025** TBD

**2026**  
**Jan 5th – 11th**  
**March 30th – April 5th**





# 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**.

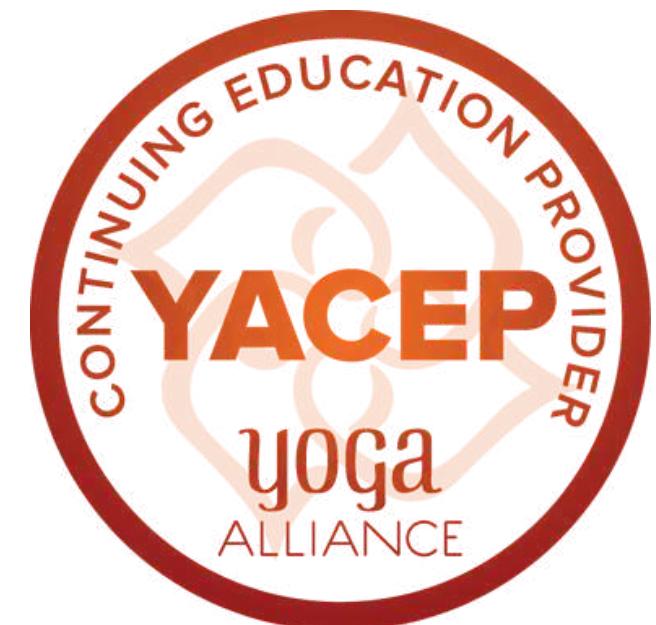
At YogaUnion, we believe that the decision to **teach or not teach** is secondary. What truly matters is the **inner transformation** this journey brings.

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 ACCOMODATIONS

# 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**



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