

# YOGA UNION

50H TEACHING SKILLS IN BALI



YogaUnion Bali

# YOGAUNION BALI 50H

Dear Yogi,

Are you ready to take the next step on your journey?

We know the joy of completing your **200-hour training**, and the uncertainty that often follows. This program was created as your bridge from **student to confident teacher**, guiding you with **clarity, purpose, and support**.

Here, you'll refine your practice, deepen your understanding, and rediscover your authentic teaching voice.

Join us in this **50-hour journey** to reconnect with your purpose, gain confidence in your skills, and step forward with **presence, courage, and heart**.

Come to grow, to embody, and to share the wisdom that yoga has already awakened within you.

[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 COURSE

This focused **50-hour training** bridges the gap between your foundational YTT and confident, real-world teaching.

You'll explore how to refine your voice, presence, and class experience through modules in **Teaching Skills, Theming, Sequencing, Business Foundations, and Teaching Practice**.

Set in Bali, it's designed for practitioners ready to step into clarity, direction, and meaningful impact.

YOGAUNION BALI

# OUR FOCUS

Our emphasis is on empowering you as a reflective and dynamic teacher.

You'll hone your ability to craft **intentional class themes**, link postures with **creative sequencing principles**, and build a yoga-based project grounded in your unique voice and message.

The focus combines integrity, creativity, and structure, preparing you to teach with purpose and presence.





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.

A wide-angle, aerial photograph of a tea plantation. The land is covered in dense, green tea bushes arranged in long, horizontal rows that follow the contours of the hillside. A narrow, winding dirt path cuts through the plantation, starting from the bottom left and curving upwards towards the center. In the background, more tea plantations and a few small buildings are visible under a clear, blue sky.

# DAILY SCHEDULE

# WHAT YOU CAN EXPECT

Step into **five transformative days** where **practice meets purpose** and learning becomes a deeply embodied experience.

## **Morning Practice**

Begin each day with **Pranayama and Vinyasa Yoga**, grounding your energy and focus for the day ahead.

## **Breakfast & Integration**

Enjoy **nourishing meals** that fuel body and mind while creating space to **reflect and connect**.

## **Learning & Dialogue**

Engage in **interactive sessions** on philosophy, sequencing, ethics, and teaching skills through **discussion and self-inquiry**.

## **Workshops**

Deepen your understanding with **hands-on exercises** in storytelling, applied philosophy, and creative class design.

## **Evening Practice**

Close the day with **meditation or journaling**, integrating insights and returning to inner stillness.

This **mentorship** is for teachers ready to **refine their skills, reconnect with purpose**, and lead with **clarity and authenticity**.





YOGAUNION BALI

# OUR DAILY SCHEDULE

Each day at **Yoga Union Bali** unfolds in harmony with the island's natural rhythm, blending **movement, study, nourishment, and reflection** into a balanced flow of learning and self-discovery.

The mornings begin with **Pranayama, Meditation, and Mantra Chanting**, awakening energy and grounding intention for the day ahead. A dynamic **Vinyasa Flow** follows, connecting breath with movement and inviting presence through mindful practice.

Late mornings focus on **Asana Alignment and Adjustments**, guided by expert teachers. You'll refine technique, deepen body awareness, and explore **the art of safe, effective teaching**.

Afternoons alternate between **Yoga Philosophy** and **Anatomy**, integrating ancient wisdom with modern understanding of the body and mind. Later, you'll join **Restorative or Yin Yoga sessions**, specialized workshops, and **teaching methodology** practice.

Evenings conclude with nourishing meals, **connection, rest, and reflection**, leaving space for integration and inner growth, the essence of the Yoga Union experience.

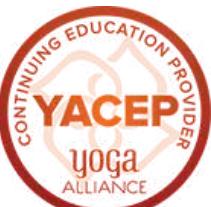
YOGAUNION BALI

# THE OVERVIEW

By joining this training, you'll experience:

- **Daily Vinyasa & Meditation** practices to awaken energy and focus.
- In-depth **workshops on theming, sequencing, and cueing**.
- **Philosophy and Anatomy** sessions to link body awareness with intention.
- Practical **teaching labs** for hands-on experience and real-time feedback.
- **Creative exploration** to help you design classes that reflect your unique voice.
- A supportive learning environment that blends **structure, play, and authenticity**.
- **Yoga Class Style:** Vinyasa Ashtanga Mix
- **Food:** Vegetarian, Vegan
- **Skill level:** All Levels
- **Location:** Ubud, Bali
- **6 days** accommodation
- **3 meals** a day
- **50h Onsite** session
- **5-20 people**

You'll leave this course with refined teaching skills, grounded confidence, and the ability to craft **transformative, heart-centered yoga experiences** for your students.





YOGAUNION BALI

# WHO IS IT FOR?

This course is designed for **yoga teachers**, **recent YTT graduates**, and **dedicated practitioners** ready to refine their skills and confidence as facilitators.

It's ideal for those who want to:

- Strengthen their **teaching voice** and presence.
- Deepen their understanding of **alignment, sequencing, and class design**.
- Learn how to guide **safe, inspiring, and inclusive classes**.
- Bridge the gap between **practice and teaching**, turning knowledge into embodiment.
- Connect with a **supportive community** of like-minded teachers and students.

Whether you're teaching professionally or seeking personal growth, this 50-hour journey helps you step into your role with **clarity, creativity, and confidence**.



# YOGA TEACHING SKILLS (18H)

Step confidently into your **role as a teacher** by learning how to create **memorable, transformative class experiences** that truly resonate.

In this section, you'll explore the art of **using your voice with confidence**, setting the right **emotional and physical tone**, and **communicating clearly** from a place of authenticity. You'll develop **leadership presence**, learning how to inspire trust and guide your students with calm authority.

We'll also dive into the principles of **space-holding**, so you can create **safe, empowering environments** where students feel supported, seen, and free to grow, allowing **personal transformation and healing** to unfold naturally.

# THEMING CLASS (6H)

A **well-crafted theme** can elevate a yoga class from routine to **transformative**.

Here, you'll learn how to create **meaningful, inspiring, and relevant themes** that connect deeply with your students. We'll explore **storytelling techniques** that weave emotion, philosophy, and personal reflection into your teaching.

You'll discover how to **align your theme** with the **physical, mental, and energetic focus** of each class, helping students move beyond the mat and into a space of **self-awareness and inner connection**.



# SEQUENCING PRINCIPLES (3H)

Discover the **intelligent art** behind creating **fluid, balanced, and purposeful sequences**. In this module, you'll learn how to structure classes where every movement and transition feels **intentional and safe**.

We'll break down the principles of **progressive sequencing**, teaching you how to build flow that supports **student growth, alignment, and energetic harmony**.

Whether you're working with beginners or advanced practitioners, you'll gain the skills to design classes that feel **cohesive, nourishing, and empowering**, balancing challenge and restoration in equal measure.





# BUSINESS OF YOGA (4H)

If you dream of sharing yoga with the world in a **sustainable and authentic way**, this section is your starting point.

You'll be guided step-by-step in creating your own **yoga-based project**, from identifying your **ideal students** and understanding their needs, to designing offerings that truly serve your community.

We'll explore **marketing with heart**, brainstorming **content ideas** that reflect your message, and choosing channels that align with your values. By the end, you'll have a clear **roadmap for your vision**, blending **business strategy with yogic integrity**, so your work grows with both **purpose and soul**.

# VINYASA AND OTHER STYLES CLASSES (12 H)

Learn directly from **senior instructors** through a series of **inspiring, experience-rich yoga classes** designed to both **challenge and uplift** you.

Each session goes beyond physical practice, your teachers will **break down the intention** behind sequences, **analyze the purpose of themes**, and show how **different styles create unique energetic effects**.

You'll gain **practical insights** into how to blend **creativity, precision, and emotional depth** in your own teaching. By the end, you'll understand how to craft classes that are not only **technically sound**, but also **meaningful, intelligent, and unforgettable** for your students.





# EVALUATIONS (6 H)

True growth comes through **practice, reflection, and feedback**.

In this final module, you'll have the opportunity to **teach a short class** that integrates everything you've learned, from **theming and sequencing** to **presence and voice**. You'll receive **constructive, personalized feedback** from your mentors and peers, helping you refine your teaching style and strengthen your confidence.

This process allows you to **step fully into your role as a teacher**, leaving the course with greater **clarity, authenticity, and impact**, ready to guide others on their own transformative journey



# BOOKING & POLICIES

# HOW TO BOOK YOUR SPOT

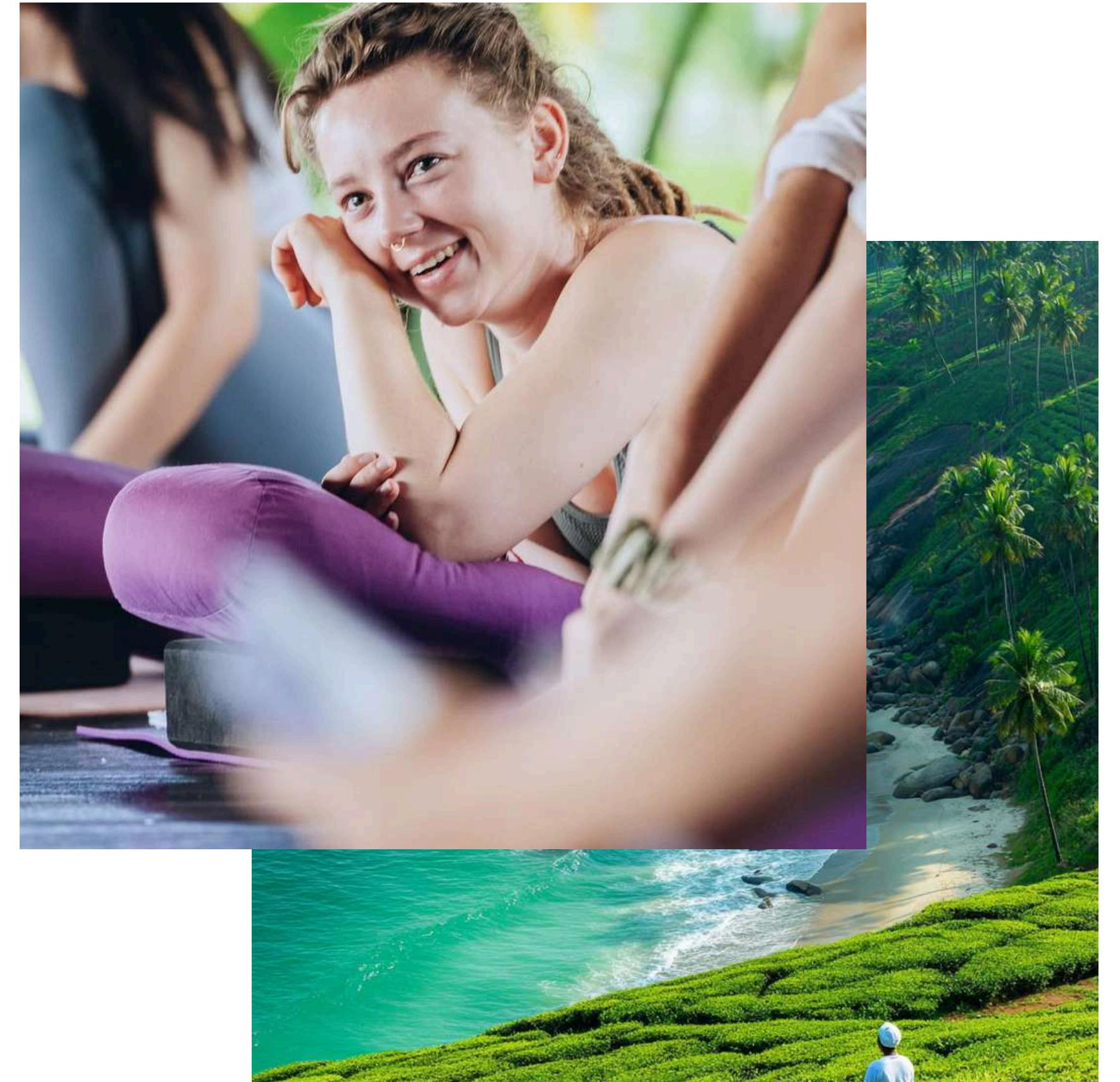
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

## 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**

**Double Room**

Private Room

**790€ (Best Value)**

890€



\*\* 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**



# 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**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**

YOGAUNION BALI

# UPCOMING TTC DATES

**2025** Oct 13 – 19

**2026** TBD



A group of people are practicing yoga on a wooden deck in a lush, tropical setting. The scene is filled with greenery and palm trees. The people are in various yoga poses, some with their legs raised and others in seated or reclining positions. The lighting is warm and natural, suggesting a sunrise or sunset. The overall atmosphere is peaceful and serene.

LIVING THE  
EXPERIENCE

# PASS THE EXAM

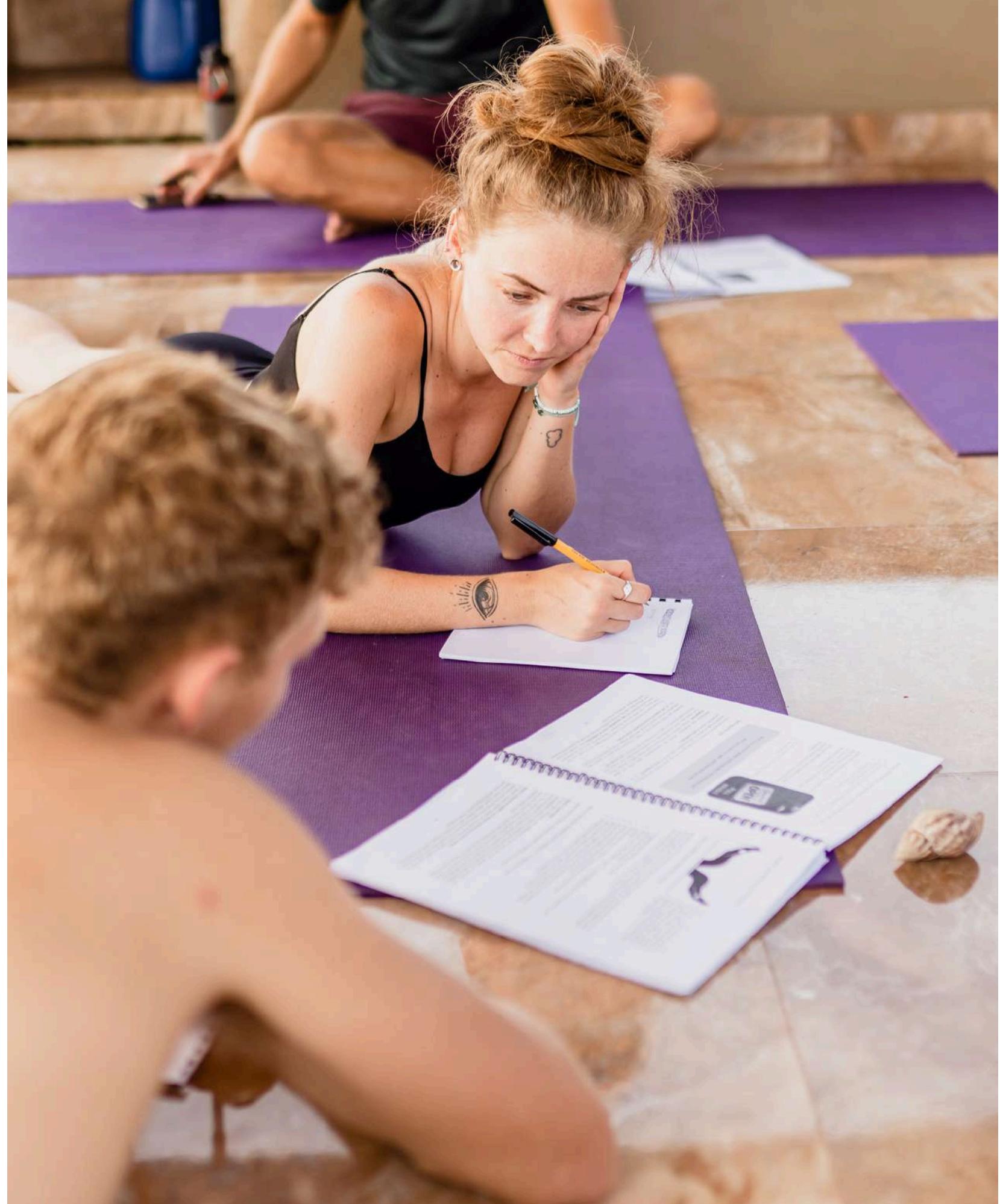
By the end of this **50-hour Teaching Skills Training**, you'll gain a **clear understanding** of how to design **intelligent Vinyasa sequences** and apply **practical teaching tools**. You'll also explore the **foundations of the yoga business**, helping you grow with confidence both on and off the mat.

**Certification:** Upon completion, you'll receive an **internationally recognized Yoga Union certification**, validating your skills and growth as a teacher.

**Practical Assessment:** You'll have the chance to **demonstrate your knowledge** by integrating what you've learned into a real teaching experience.

**What You'll Take Away:** You'll leave with **refined teaching techniques, creative sequencing skills, and the ability to guide students safely, effectively, and with inspiration.**

We look forward to supporting you on this **transformative journey**.



# 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**.

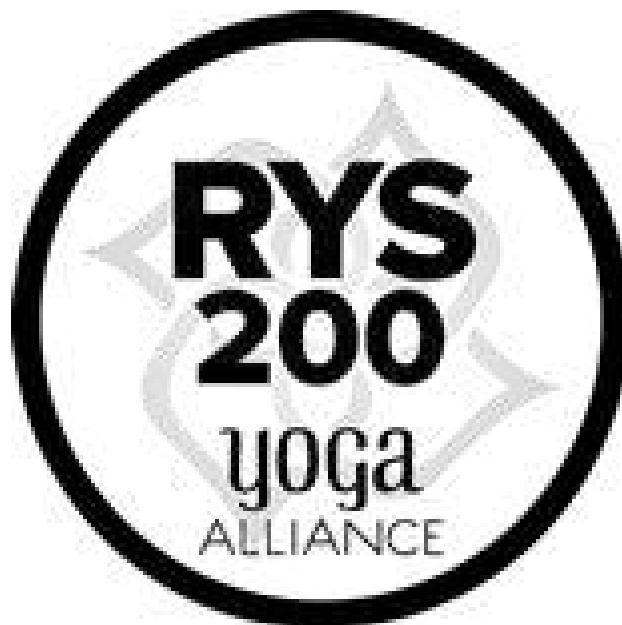
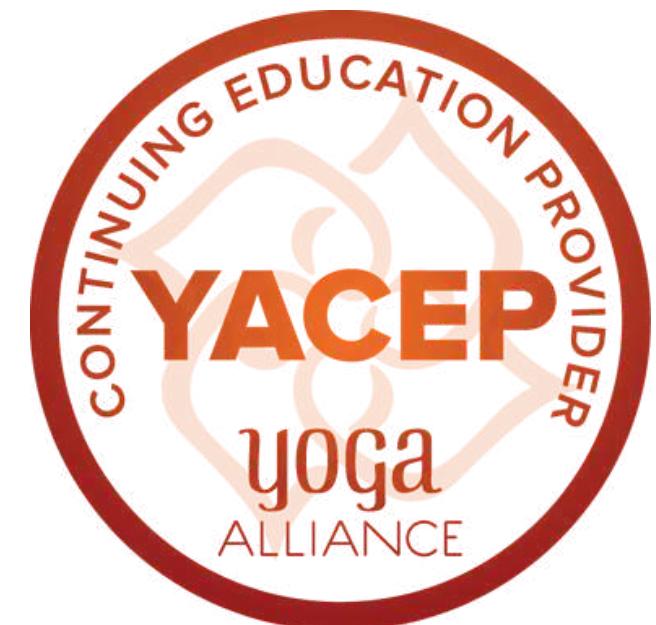
At YogaUnion, we believe that the decision to **teach or not teach** is secondary. What truly matters is the **inner transformation** this journey brings.

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**



YogaUnion Bali

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