

# YOGA UNION

50H ACROYOGA IN BALI



YogaUnion Bali

# YOGAUNION BALI

# 50H

Dear Yogi,

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

Join our **50-Hour AcroYoga Teacher Training** at Yoga Union Bali and expand both your movement practice and your capacity to teach with presence.

This immersive experience blends **technical skill, therapeutic awareness, and community connection** in the stunning rice-field setting of Ubud, Bali.

Over the week you'll **refine your base**, flyer, and **spotter technique**, deepen into alignment and **safety protocols**, and explore how **movement** becomes **dialogue**, trust, and playful transformation.

You'll leave not only with **enhanced physical** ability, but with the confidence to **lead 1:1** and group **AcroYoga** classes, hold **safe space**, and **integrate connection, laughter and clarity** into your teaching style.

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





# YOGAUNION BALI

# OUR MISSION

At **YogaUnion Bali**, our mission is to build a global community rooted in **authentic connection, conscious movement**, and shared growth.

For over 15 years we've based our programs in Bali's sacred landscape, guiding thousands of students through transformational trainings and retreats.

We believe in the power of **movement as communication**, of teaching that **honours body, mind and heart**. Through this AcroYoga training we continue that legacy, fostering **trust, play, alignment and empowerment**.

Whether you step into teaching or **deepen** your own **practice**, our mission remains: to support you in **expanding** your **skills, embodying** your **integrity**, and connecting with others in **meaningful, skillful and joyful ways**.





YOGAUNION BALI

# OUR COURSE

This 50-hour training is a **dynamic immersion into AcroYoga foundations and teaching.**

With a blend of strength, technique, alignment and play, you'll explore every role: **base, flyer, spotter**, while learning to structure safe and effective sessions.

The training emphasizes **consent, clear communication, safe spotting**, and intentional building of connection and trust.

You'll practice with **hands-on drills, partner work, and group flows** in the morning, apply technique with midday workshops, and engage in reflection, **teaching labs** and **therapeutic practices** in the afternoon.

By the end you'll be prepared to **lead AcroYoga classes with confidence, clarity and community-centred awareness.**

YOGAUNION BALI

# OUR FOCUS

We focus on **safe, aligned lifting and flying**, strong communication skills, and embodied teaching presence.

You'll develop a refined understanding of **body mechanics**, partner **dynamics and spotting** protocols that keep movement playful and secure. Our focus extends beyond just physical technique, we emphasise **relational awareness, group cohesion, trust building**, and how to facilitate transformation through movement.

We support you in cultivating a presence that **honours** each **participant's experience**, uses alignment to empower not restrict, and embraces the joy of **collective exploration**.

The result is a teaching style grounded in **playful precision, emotional intelligence** and **intentional practice**.





YOGAUNION BALI

# OUR TEACHER

## HAYDEN

**Hayden** brings over **two decades** of experience in **AcroYoga**, body-work, movement therapy and mindful facilitation. With a background in Conservation Ecology and Buddhist meditation, he teaches with heart, depth and clarity.

Hayden specialises in **trauma-aware practice**, nervous-system regulation and movement that honours both strength and vulnerability.

His classes are inclusive, **playful and transformative**, offering **rigorous** alignment, emotional safety and connection through movement.

Hayden co-founded the **AcroSpirit movement** and has led trainings internationally, helping students find confidence, trust, connection and joy in their practice and teaching.

# DAILY SCHEDULE

A woman with long dark hair, wearing a pink tank top, stands in a lush green forest. She is in a meditative pose with her eyes closed and her hands clasped near her chest. The background is filled with dense green foliage and trees, with sunlight filtering through the leaves.



YOGAUNION BALI

# OUR DAILY

## SCHEDULE

Your day begins with a warm-up and **handstand/inversion practice**, followed by partner-base-flyer drills to build strength, balance and communication. Late mornings move into technique labs, detailed alignment work, spotting drills and dynamic flows.

After lunch you'll attend modules on **trust, consent, injury prevention**, partner transitions and therapeutic recovery, often concluding with Thai massage or group reflection.

Evenings are dedicated to discussion, sharing and community connection, broadening the learning to think about teaching presence, facilitation and intention.

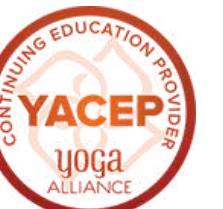
Each day blends robust physical learning with internal awareness, aligning skill, fun and depth.

YOGAUNION BALI

# THE OVERVIEW

- **50 hours of AcroYoga** Teacher Training in Ubud, Bali
- **Daily strength, inversion** & partner work sessions
- **Workshops** on alignment, spotting, consent and communication
- **Teaching labs** and live feedback to build your facilitation skills
- A **supportive setting** of **movement**, trust and community
- **Qualified** for all levels from **beginner** to **advanced**
- **Vegetarian meals**, accommodation and group activities
- **Yoga class style:** AcroYoga, Partner Flow, Handstands
- **Location:** Ubud, Bali
- **Skill Level:** All Levels
- **Certification:** 50-hour Teacher Training
- **Group size:** 5-20 participants

You'll leave this course with **refined teaching skills**, grounded **confidence**, and the ability to **guide AcroYoga classes** that inspire connection, trust, and joyful **collaboration**.



# WHAT YOU CAN **EXPECT**

- Sharpened skills in **baser, flyer, spotter roles** with safe, playful sequences
- Clear spotting protocols and alignment guidelines to teach confidently
- Foundations in **trust-based communication**, partner dynamics and group facilitation
- Hands-on labs, teaching practice and immediate feedback to **refine your style**
- **Immersion** in a supportive training community within the rice-fields of Ubud
- A curriculum designed for **learning, connection, movement and transformation**





# WHAT YOU WILL **EXPERIENCE**

Be prepared to lift and fly with both **technical precision and joyful openness**, to build community through movement, to laugh, trust and grow alongside peers.

You'll explore how movement becomes **dialogue**, how alignment supports freedom, and how teaching is more than instruction, it's **presence, connection and heart-led flow**.

Expect to leave energized, inspired and equipped to bring that energy into your own teaching, your own classes and your life.



YOGAUNION BALI

# WHO IS IT FOR?

This training is for **aspiring and existing movement facilitators, yoga teachers, body-workers, dance instructors, therapists, and wellness professionals** who wish to deepen their practice into relational movement and partner dynamics.

It's ideal for those who love **connection, trust, physical elevation, creative sequencing**, and wish to expand their skill-set to include group classes, duo roles and dynamic alignment work.

Whether you're simply seeking personal growth or preparing to teach, **this training supports you** in stepping into a role of **confidence, clarity and embodied facilitation**.

# REQUIREMENTS

Participants should arrive with a **basic yoga or movement background**, an open mind and a willingness to partner, lift and be lifted.

**Physical fitness** is recommended (though workouts are adapted for all levels), and you must **commit to each session**, group practice and **community circle**.

**Respect** for others, **readiness to learn**, clear communication and **consent skills** are essential.

Bring **comfortable activewear**, a notebook, and your full presence, ready to play, **explore and grow**.





# ACROYOGA CURRICULUM

This **50-hour AcroYoga curriculum** blends the precision of traditional yoga with the playfulness of partner acrobatics and the mindfulness of therapeutic movement. You'll explore the **three core roles** of AcroYoga, **base, flyer, and spotter**, through practical drills that develop **trust, strength, communication, and balance**.

Morning sessions emphasize **alignment, conditioning, and technique**, while afternoons focus on **flows, transitions, spotting safety, and teaching practice**. You'll also dive into **Thai massage fundamentals, partner therapeutics, and the philosophy of connection**, learning how to build classes that are both safe and inspiring.

By the end of the week, you'll understand how to **structure AcroYoga sessions**, guide students with clarity, and integrate **consent-based facilitation** into your teaching. This curriculum empowers you to lead with **confidence, creativity, and heart**—on and off the mat.



# BOOKING & POLICIES

# HOW TO BOOK YOUR SPOT

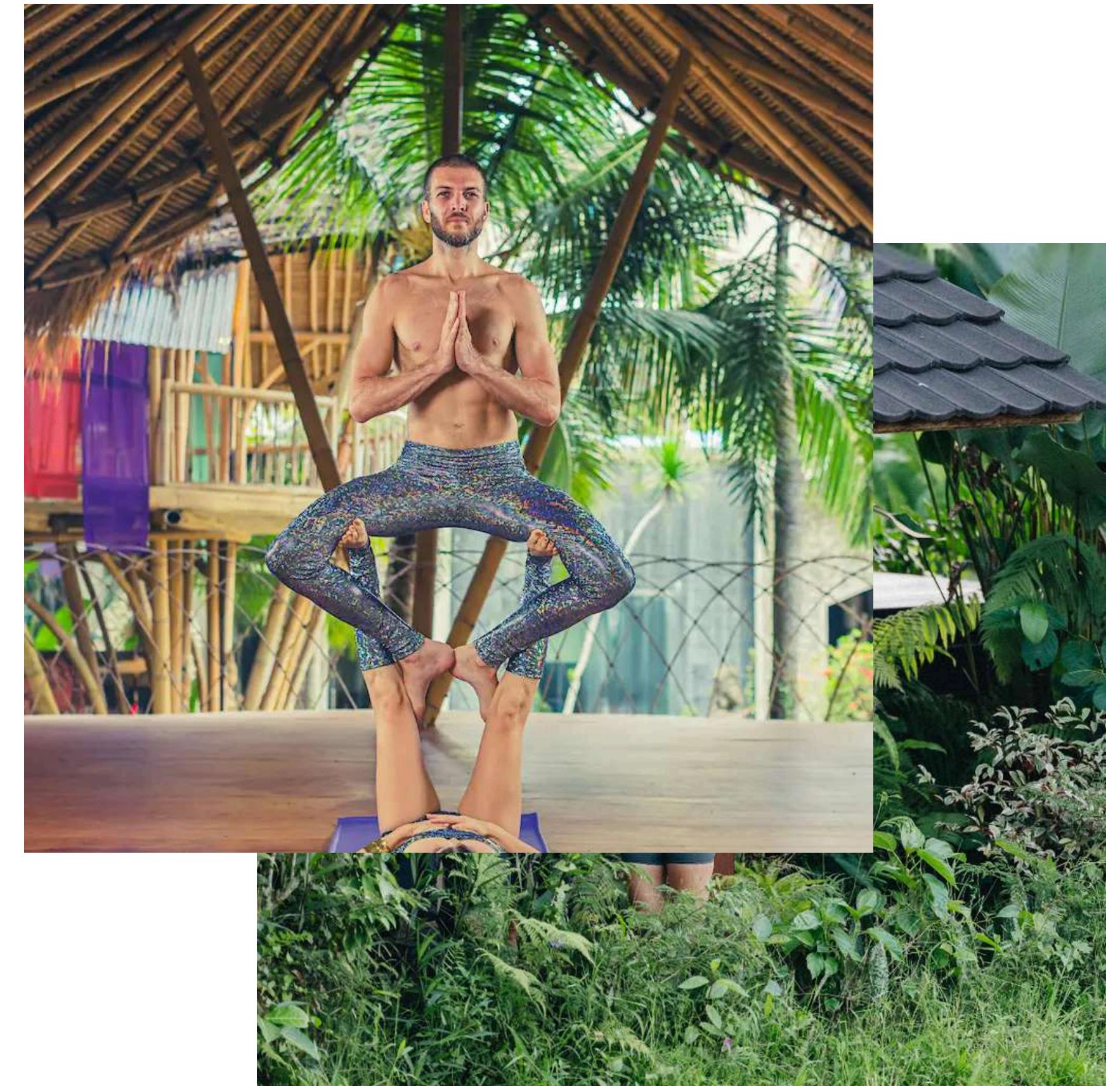
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

## 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€

**Double Room**

**890€ (Best Value)**

Private Room

990€

\*\* 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.

YOGAUNION BALI

# UPCOMING TTC DATES

**2025** 8 Dec – 14 Dec



A group of people are practicing yoga on a wooden deck in a lush, tropical setting. They are in various yoga poses, including downward dog and child's pose. The background is filled with dense green foliage and trees. The overall atmosphere is peaceful and natural.

LIVING THE  
EXPERIENCE

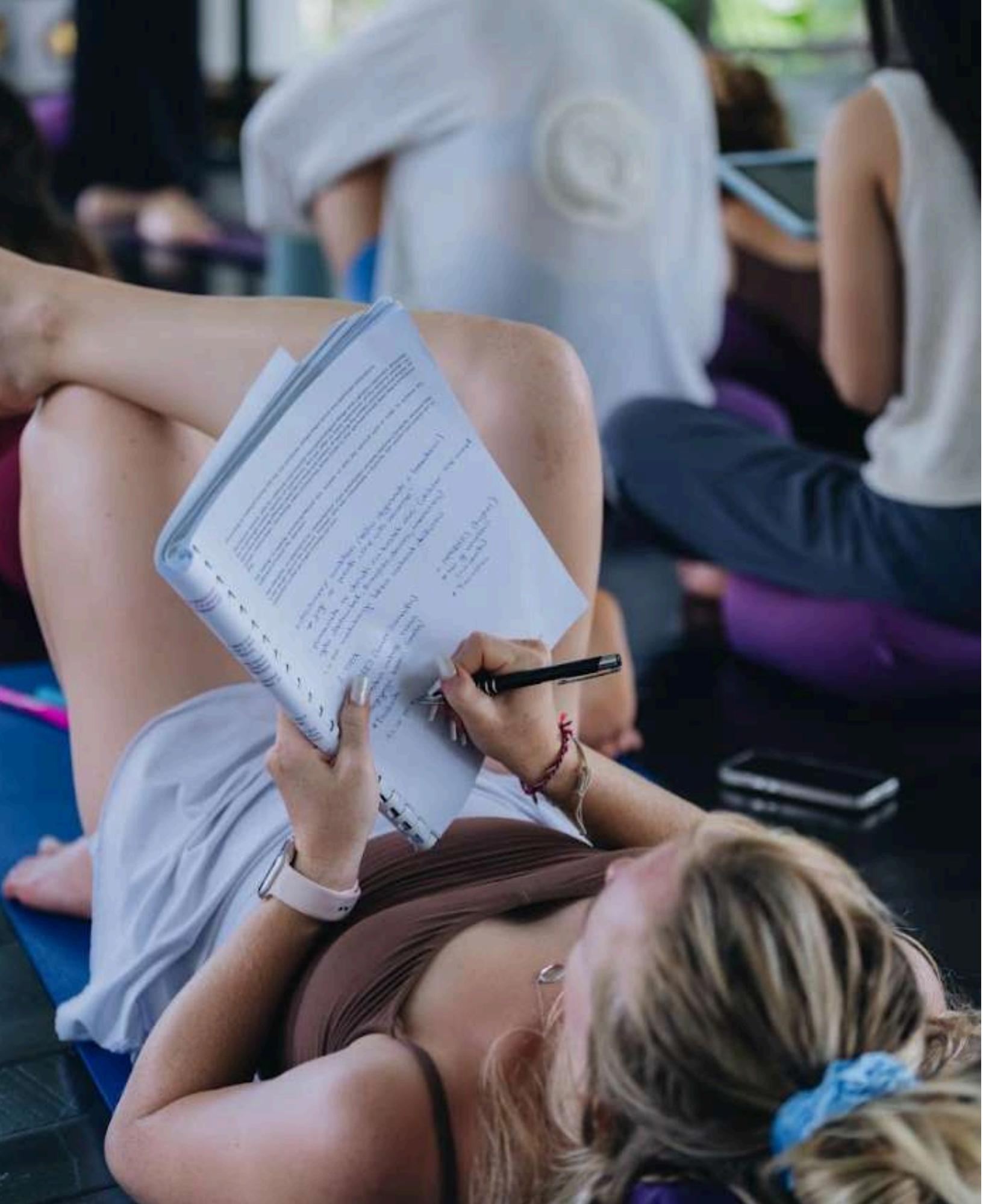
# PASS THE EXAM

At the end of the training, you'll have the opportunity to **demonstrate your understanding** of AcroYoga through a practical and collaborative assessment. Rather than a traditional exam, this evaluation focuses on **application, creativity, and teamwork**.

You'll be asked to **co-create and lead a short AcroYoga sequence** with your peers, integrating everything you've learned, from **alignment and spotting** to **communication and flow design**. The goal is not perfection, but **confidence, safety, and presence** in teaching.

Your trainers will offer **constructive feedback and personalized guidance**, helping you refine your facilitation style and highlight your unique strengths as a teacher.

This final session celebrates your progress, encouraging you to step forward with **clarity, authenticity, and joy** as a certified AcroYoga facilitator.



# DIPLOMA



Upon completing the course, you'll receive an internationally recognized **certification from Yoga Union Bali**, signalling your readiness to teach AcroYoga.

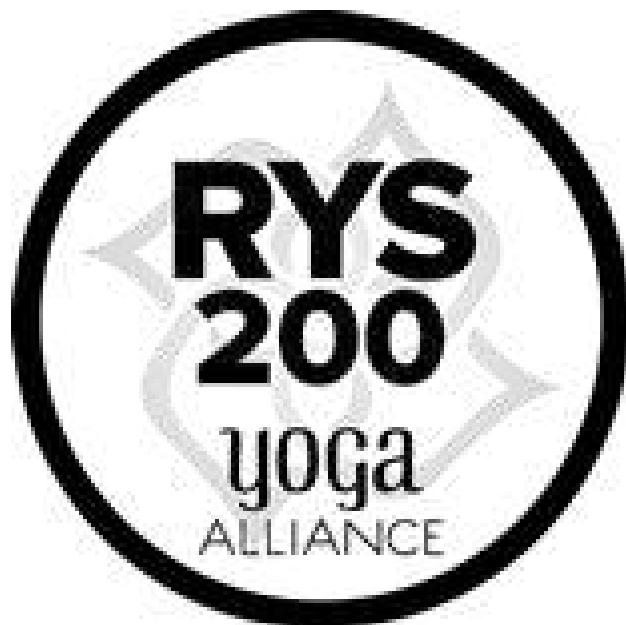
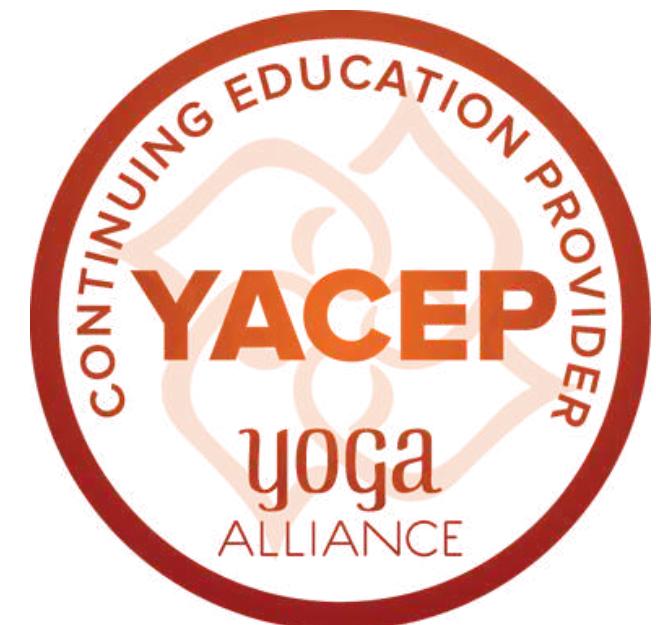
This credential affirms your dedication to **skill, safety, community and facilitation**, and supports you in leading partner-based, interactive movement sessions anywhere in the world.

Whether you go on to **teach professionally** or integrate the training into your personal journey, you'll leave with tools, trust and **inspiration to guide others** with heart and presence.

# 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)

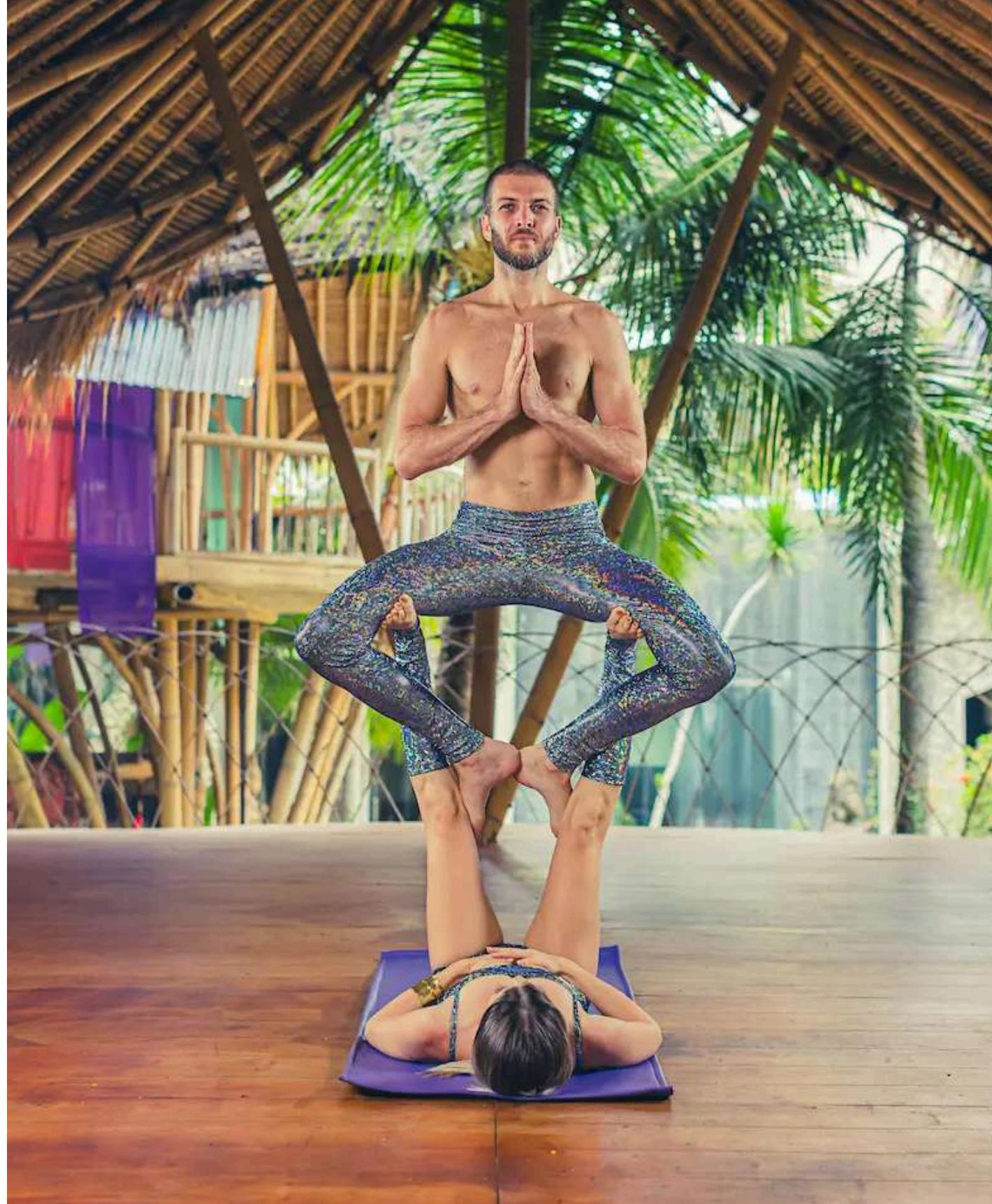
 [yogaunion.bali](https://www.tiktok.com/@yogaunion.bali)

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