

YOGA UNION

50H BREATH & SOMATICS
YTTC IN GREECE



YogaUnion Bali

YOGAUNION GREECE

50H

BREATH & SOMATICS TTC

Continuing Education Provider

This **trauma-informed training** is designed for those who feel called to guide others through **authentic, embodied transformation**, grounded in **breathwork, somatic awareness, emotional integration**, and **safe space-holding** practices.

It's ideal for **facilitators, therapists, coaches, yoga and breathwork teachers, bodyworkers, educators, health professionals**, and **creatives** who wish to deepen their personal practice while gaining practical tools to support others, both **one-on-one** and in **group settings**.

Join this program as a **stand-alone professional certification** or integrate it into your **200- or 300-hour Yoga Teacher Training**, expanding your capacity to lead with **clarity, compassion**, and **confidence**.





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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**.





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OUR COURSE

This training is not just about techniques...it offers a powerful **trauma-informed gateway** into **healing, presence**, and deeper **connection** with yourself and others. It meets you wherever you are on your personal or professional journey.

Through an understanding of various styles of **breathwork, somatic practices, trauma-awareness tools** and **emotional intelligence integration**, you'll explore pathways for **nervous system regulation, emotional release**, and **embodied awareness**, while learning to soften the heart and stay present with what arises.

Blending **modern science, ancient wisdom**, and **grounded facilitation skills**, this course is designed to deepen both your **personal embodiment** and your capacity to hold **safe, attuned space** for others.

Students will engage in **experiential practices**, reflective exercises, and **trauma-informed teaching methodologies** to develop confidence in guiding sessions of **breath & somatic practices** and **post-somatic integration** that supports space holding for groups and individuals.

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OUR FOCUS

- **Understand how emotions live in the body** and use movement to release tension and stored trauma.
- **Explore breath** as a tool for **deep healing**, emotional release, and expanded awareness.
- **Differentiate breathwork styles**, learning which techniques support **nervous system regulation** and how to respond to **over-activation or tetany**.
- **Develop trauma-informed facilitation skills**, creating **safe, attuned spaces** and supporting emotional integration with grounded presence.
- **Recognize and respond** to nervous system states in yourself and others through **embodied awareness**.
- Build facilitation rooted in **emotional intelligence, ethical communication**, and **clear boundaries**.
- Experience **somatic practices** like shaking, rocking, intuitive movement, and vocal toning for **self-regulation**.
- Learn **co-regulation tools**, mirroring, shared breath, and empathetic presence.
- Explore **somatic movement and fascia release** to dissolve tension and unlock freedom.
- Guide sessions with **clarity, adaptability, and structure**, ensuring **safe, grounded integration**.





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OUR TEACHER

JESS

Jess Palmeira is an **Integrative Therapist, Somatics & Breathwork Facilitator**, and **Meditation Teacher Trainer** with over a decade of experience in **body-based transformational work**.

Certified in **Conscious Connected Breathwork** and **Somatics for Embodied Leadership**, she blends **trauma-informed facilitation, nervous system regulation**, and **emotional release** with **depth, clarity, and presence**.

Her work bridges **ancient wisdom** with **modern somatic practices**, rooted in both **science and spirit**. Describing herself as a **Human BE-ing Facilitator**, Jess invites others to meet themselves with **compassion, honesty**, and **authentic embodiment**.

She is passionate about creating **safe, sacred spaces** that nurture both **personal growth** and **professional mastery**.

In response to the gap between modalities, Jess founded the **Breath & Somatics Teacher Training**, a **trauma-informed bridge** uniting **emotional intelligence, body-based healing**, and **space-holding skills**.

Her mission: to help others guide **grounded, embodied transformation** with **authenticity, skill, and heart**.

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THE PRACTICE

This training is an opportunity to deepen your connection to yourself through **breath, movement, and embodied awareness**.

It's a space to explore how the **body holds memory**, how **breath shapes our inner landscape**, and how consistent, **grounded practices** can create **lasting shifts**.

Through **somatic tools**, various styles of **breathwork**, and **trauma-informed frameworks**, we'll explore what it means to be **present**, not just in thought, but fully **anchored in the body**.

This is less about trying to be somebody, and more about **being in this body**, meeting yourself with **clarity, curiosity, and emotional honesty**.

You'll engage in practices that support **nervous system regulation, emotional integration**, and the development of **grounded facilitation skills**.

Together, we'll **soften the heart, expand awareness**, and strengthen your **capacity to hold space**, for yourself and others.

Join us for a week of **practice, reflection, and connection**, rooted in **real experience, personal insight, and embodied transformation**.





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TEACHING

METHODOLOGY

Breath & Somatics Teacher Training 50-Hour Transformational Program A powerful immersion for **Facilitators, Therapists**, Coaches, Yoga Instructors, Breathwork Practitioners, Educators, Bodyworkers, Creatives, Health Care Professionals, and individuals seeking a deeper understanding of the **body-mind connection** through **breath, somatics**, and **trauma-informed facilitation**.

This training blends **scientific knowledge** with **embodied wisdom**, offering a grounded, bottom-up approach to **regulation, release**, and **connection**, with yourself and those you support.

You'll strengthen your ability to hold **safe, heart-centered spaces** with clarity, compassion, and presence.

You Will Learn Through:

- Inclusive & In-Depth **Theory + Practice**
- **Experiential** & Interactive Lessons
- Somatic Self-Practice & **Bottom-Up Techniques**
- **Emotional Release** Tools & Integration Processes
- **Self-Regulation & Co-Regulation** Practices
- Group Support & Reflective Sharing
- Trauma-Informed Space-Holding & **Mini Teachings**

This isn't just a training, it's a **transformative journey** into **embodiment, presence**, and **empowered facilitation**.

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YOU WILL LEARN

- **Somatic movement** & embodiment practices
- Using **Breathwork** as a **Somatic** Tool
- **Trauma-informed** facilitation skills
- Nervous system **regulation** & **tracking**
- Bottom-Up Based **Practices** for Processing **Emotions**,
- **Emotional intelligence** and **Emotional Release** tools
- Boundaries, **consent** & space-holding techniques
- **Parts-Work** & **Trigger** Navigation
- **Teaching** & **Guiding** Breath-Somatic **Sessions**
- Integration & **grounding Techniques**
- Peer **Facilitation** & Real-Time **Feedback**



YOGAUNION GREECE

THE OVERVIEW

- **Group Size:** 15–20 Students
- **Course Length:** 6 Days
- **Food:** Vegetarian, Plant-Based
- **Skill Level:** All Levels
- **Certification:** 50hrs
- **Location:** Mytikas, Greece
- **7 Days / 6 Nights**
- Accommodation
- 3 Meals Per Day, Five Days A Week (Excluding Sunday As The Check Out Day)
- **Tuition Fees**
- Course **Material**
- Yoga Alliance **Certification**
- Diploma

Students certified with us can accredit their Continuing Education Hours with Yoga Alliance





YOGAUNION GREECE

WHO IS IT FOR?

This 50-hour program is designed for **facilitators, therapists, coaches, yoga instructors, and body-based practitioners** eager to deepen their work in **somatics, emotional intelligence, and embodied facilitation**.

Ideal for those seeking to refine their ability to **guide others through deep transformation**, this training combines **breathwork, somatic movement, and trauma-informed space-holding** to build a powerful foundation of practice and presence.

Whether you're an experienced professional ready to expand your toolkit or someone growing into their facilitation journey, this course supports both **personal embodiment** and **professional impact**.

You'll emerge with **clarity, confidence**, and the skills to hold **safe, attuned spaces**, one-on-one or in group settings.



DAILY SCHEDULE



YOGAUNION GREECE

OUR DAILY SCHEDULE

Begin each day with **Morning Somatics & Embodiment Practices**, blending gentle movement, breathwork, and emotional release to awaken the body and ground the mind.

After a nourishing **Breakfast & Self-Reflection**, enjoy quiet moments for journaling or contemplation before returning to the shala for the next session.

Late mornings unfold with **Sharing Circles and Breath & Somatics Theory**, exploring the deep connection between body, breath, and emotion through reflection, science, and experiential learning.

Following a wholesome **Lunch & Integration Break**, the afternoon invites **Interactive Lessons and Teaching Practice**, where you refine your facilitation skills through hands-on guidance and open dialogue.

The day closes with a **Group Sharing Circle**, an intimate space for emotional integration, connection, and support, followed by a peaceful evening to rest, dine, or explore Ubud's serene rhythm.

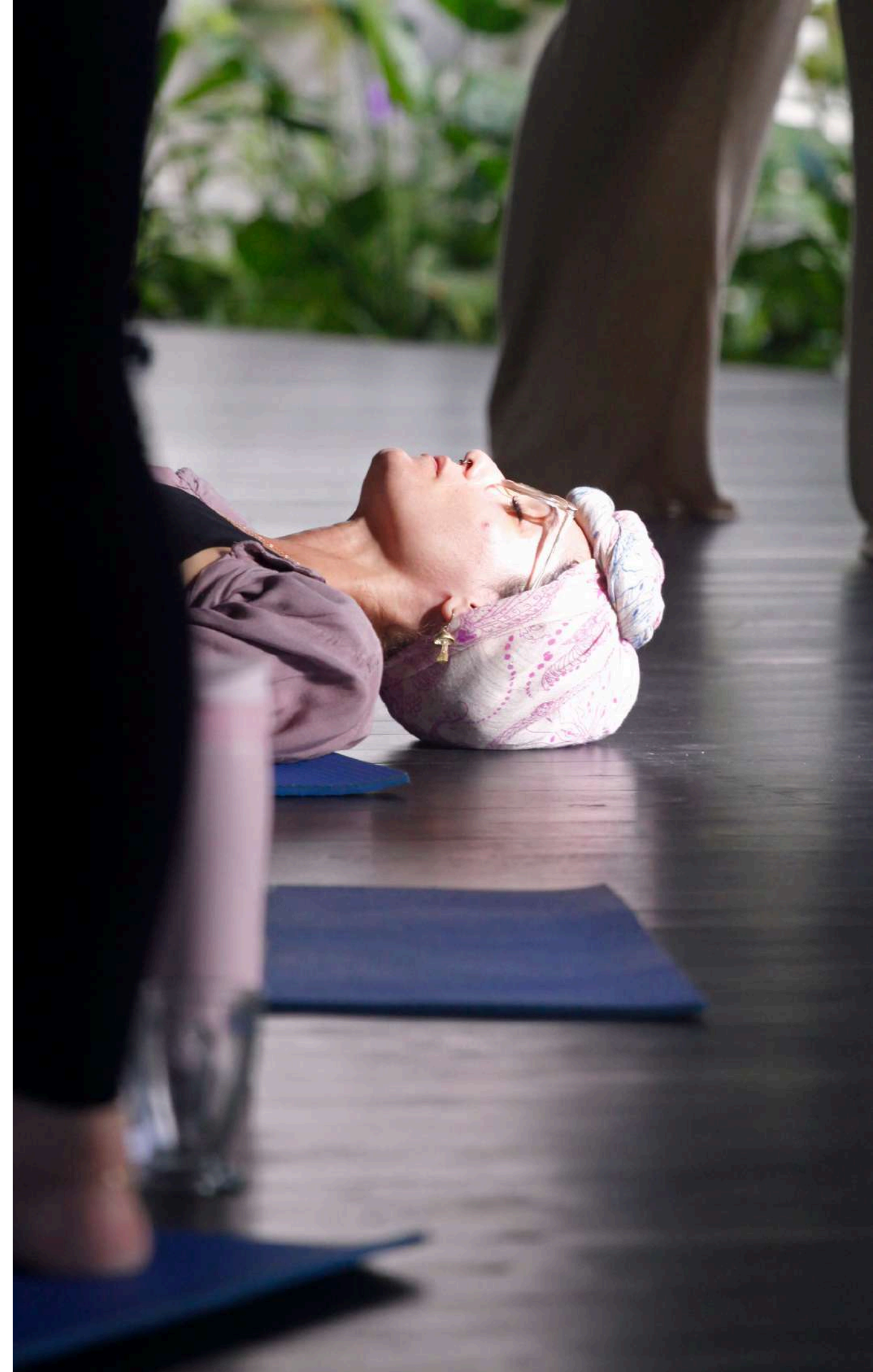
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YOUR TAKEAWAY

We support your growth with a collection of **practical tools and embodied resources** to integrate into your work, sessions, and personal practice, including:

- **A comprehensive Course Manual** to guide your breath and somatic facilitation journey.
- **Somatic practice frameworks** for both individual and group sessions.
- **Guided audio and video practices** for nervous system regulation and emotional release.
- **Facilitation templates** for trauma-informed space-holding and integration circles.
- **Breathwork sequencing guides** and techniques for balance, grounding, and energy flow.
- **Peer-practice structures** to develop confident facilitation and co-regulation skills.
- **A Yoga Union certification** recognizing your completion of the 50-hour Breath & Somatics Training.

Each element is designed to deepen embodiment, refine facilitation, and empower you to **guide transformation with clarity, care, and integrity**.



POLICIES

PRICES

50H – 6 nights (7 days) in Mytikas, Greece

Triple Room	990€
Double Room	1150€ (Best Value)
Private Room	1350€

Although the price on the booking platform is quoted in IDR, please note that the remaining balance will be quoted in EUR, as euros are the standard currency for pricing

In order to secure your place we require the below deposit (The amount of deposit will be automatically shown on the booking platform)

The deposit is non-refundable; however, it remains fully transferable for use towards any future training with YogaUnion Bali





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 Mytikas, Greece
- **Tuition & course materials**
- **3 vegetarian meals/day** (6 days per week)
- **Yoga Alliance Certification Diploma** (50h RYT)
- **Group Size: 5-25 students**
- **Yoga Style: Yin Yoga**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**

YOGAUNION GREECE

UPCOMING TTC DATES

2026 20 July – 26 July



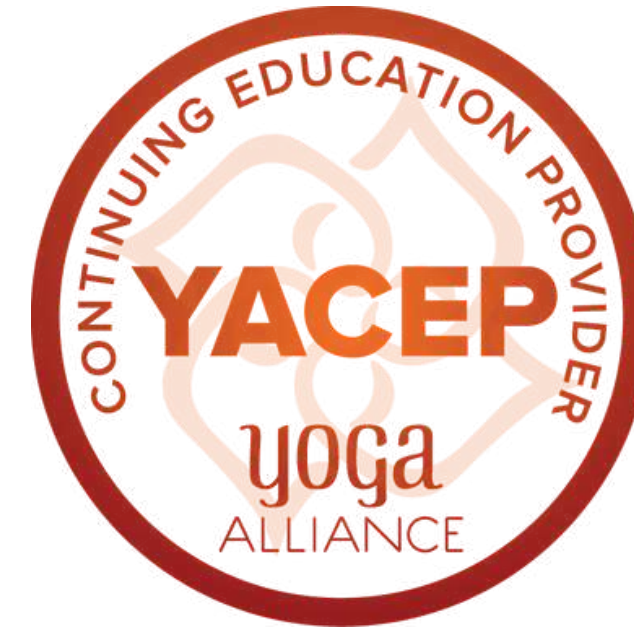
A group of people are practicing yoga in a modern, glass-walled studio. They are standing on a wooden deck, facing away from the camera, with their arms raised in a prayer position. The studio has large glass windows that offer a panoramic view of a blue ocean and distant mountains. The floor is made of light-colored wooden planks. In the background, there are some decorative items, including a small Buddha statue and several bowls. The overall atmosphere is serene and peaceful.

LIVING THE EXPERIENCE

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.



DIPLOMA



Upon completion of the training, you'll receive an **internationally recognized Yoga Alliance certification** for the **50-hour Breath & Somatics Teacher Training**, empowering you to share your knowledge and practice with others across the globe.

This certification not only validates your commitment but also reflects your **readiness to guide with authenticity, compassion, and presence.**

At **YogaUnion**, we see this course as more than professional development — it's a **journey of personal transformation.** You'll leave with a deeper understanding of yourself, enhanced facilitation skills, and the confidence to create **safe, embodied, and heart-centered spaces** for others.

Whether you choose to teach or simply to integrate the experience into your life, this training becomes a meaningful step toward **self-awareness, healing, and connection.**



OUR LOCATION IN MYTIKAS, GREECE

Immerse yourself in the authentic charm of **Mytikas**, a coastal village where life flows peacefully, surrounded by sea, sun, and tradition.

Stay by the Sea

Our yoga shala and retreat accommodations are located just steps from the **sea**, offering stunning views and a serene, rejuvenating atmosphere.

Peaceful & Connected

Here you can relax in spacious rooms, enjoy the garden, or simply take a short walk into the village to connect with local life.

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**.



You will be staying in a **traditional retreat center** close to the village, the sea, and the yoga shala, which is located right beside the water and overlooking the mediteranean **see**.

Step outside to enjoy the **balcony or the large garden**, perfect for peaceful, stress-free moments of reflection or connection with fellow students. The retreat center is designed to make you feel **comfortable, at ease, and at home**.

Extra Nights:

Available at **45€ in a triple**, 55€ double, 70€ private all without meals.

Note: Stays are arranged within the same retreat center.

Airport Transport:

Transfer from/to **Preveza Airport (PVK)** available on request (details shared after deposit).

FYI – High Season (July–August):

Please book early, as rooms fill quickly.

THE ACCOMMODATIONS

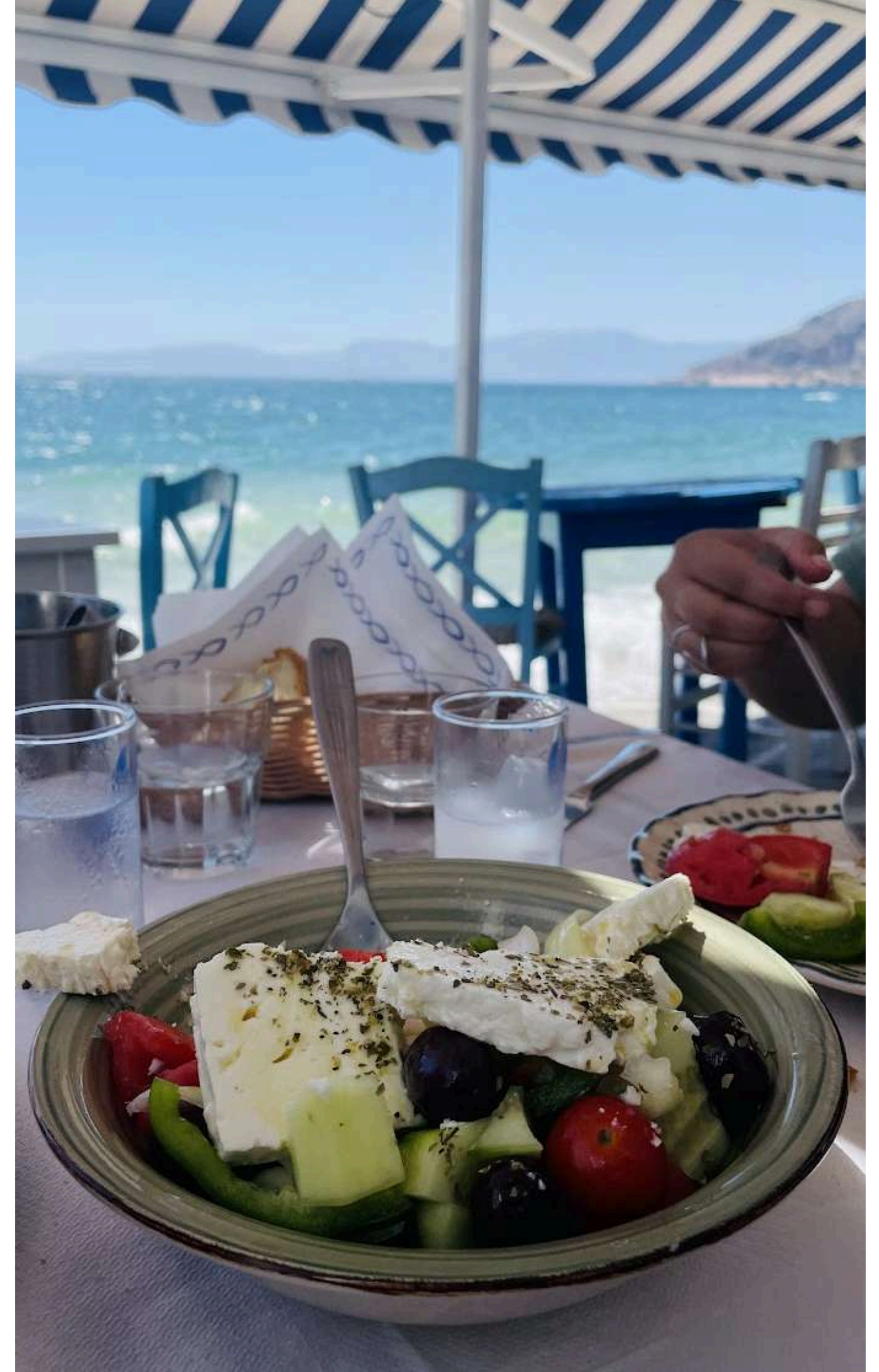
NUTRITION

NOURISH YOUR BODY, SUPPORT YOUR PRACTICE

At **YogaUnion Greece**, food is part of the journey. Savor **delicious, plant-based meals** prepared with love by local chefs—crafted to **energize your body, calm your mind**, and honor **yogic values**.

Wholesome. Fresh. Intentional.

From light Mediterranean breakfasts to grounding dinners, every meal is a celebration of **balance, purity, and mindful living**, inspired by the flavors and traditions of Greece.



YOGAUNION GREECE



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

