

YOGA UNION

50H RECONNECT YTTTC
IN GREECE



YogaUnion Bali

YOGAUNION BALI

50H

RECONNECT YTTC

When life gives you setbacks,
return to your practice.

Whenever you feel unbalanced,
return to your mat.

Each time the next move is not clear to you,
step onto your mat.

This course is for every practitioner who
needs to reconnect yoga teacher training with their practice.

It's also for every yoga teacher
who seeks inspiration or simply
wants to try a new vinyasa style.

This course is for every body.

**Together, we make you more somatic.
Closer to your body, closer to your heart.**

www.yogaunionbali.com





YOGAUNION BALI

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**.





YOGAUNION BALI

OUR COURSE

Our **50-hour Reconnect Program** offers an immersive blend of breathwork, movement, and embodied awareness, set in the tranquil coastal beauty of **Mytikas, Greece**.

Designed for practitioners seeking to return home to themselves, this training invites you into reflective practices, mindful movement, and somatic tools that nurture deep transformation.

You'll explore how the body carries experience, how breath shapes your inner landscape, and how simple, grounded practices can create lasting change.

This program is a chance to **inhale presence and exhale old patterns** — leaving you more centered, vibrant, and connected to both self and nature.

YOGAUNION BALI

OUR FOCUS

The focus of this training is on **re-awakening presence**, not just technique. You'll deepen your connection to **yourself**, using **breath**, **body awareness**, and **somatic intelligence**. Through **trauma-informed** facilitation and **relational practices**, you'll learn to meet life's complexity with **clarity**, **curiosity**, and **compassion**. Instead of fixing or changing who you are, this training invites you to show up as you are — fully present in your body, your story and your growth.





YOGAUNION BALI

OUR TEACHER

FAYE

Yoga is more than a job for me; it's an **integral** part of my **personal evolution** and **growth**. After completing my first training in India, I began teaching 10 years ago in studios, gyms, and through private sessions, gaining **extensive experience**.

Soon after, I **organized** my first **yoga retreat**, and the more I worked with **practitioners** of all levels, the more I **invested** in my **personal study**.

Over the past five years, I have served as a **Lead Teacher** in 200-hour and 300-hour **teacher trainings** in **Bali** and **Greece**.

I have also **developed my own unique style of courses** and **workshops** that guide practitioners towards a **balanced** and **healthy** lifestyle, fostering a **deeper understanding** of the Reconnect yoga teacher training. My courses also assist **aspiring** yoga teachers in finding **their own teaching** style and **maintaining** motivation on their yoga journey.

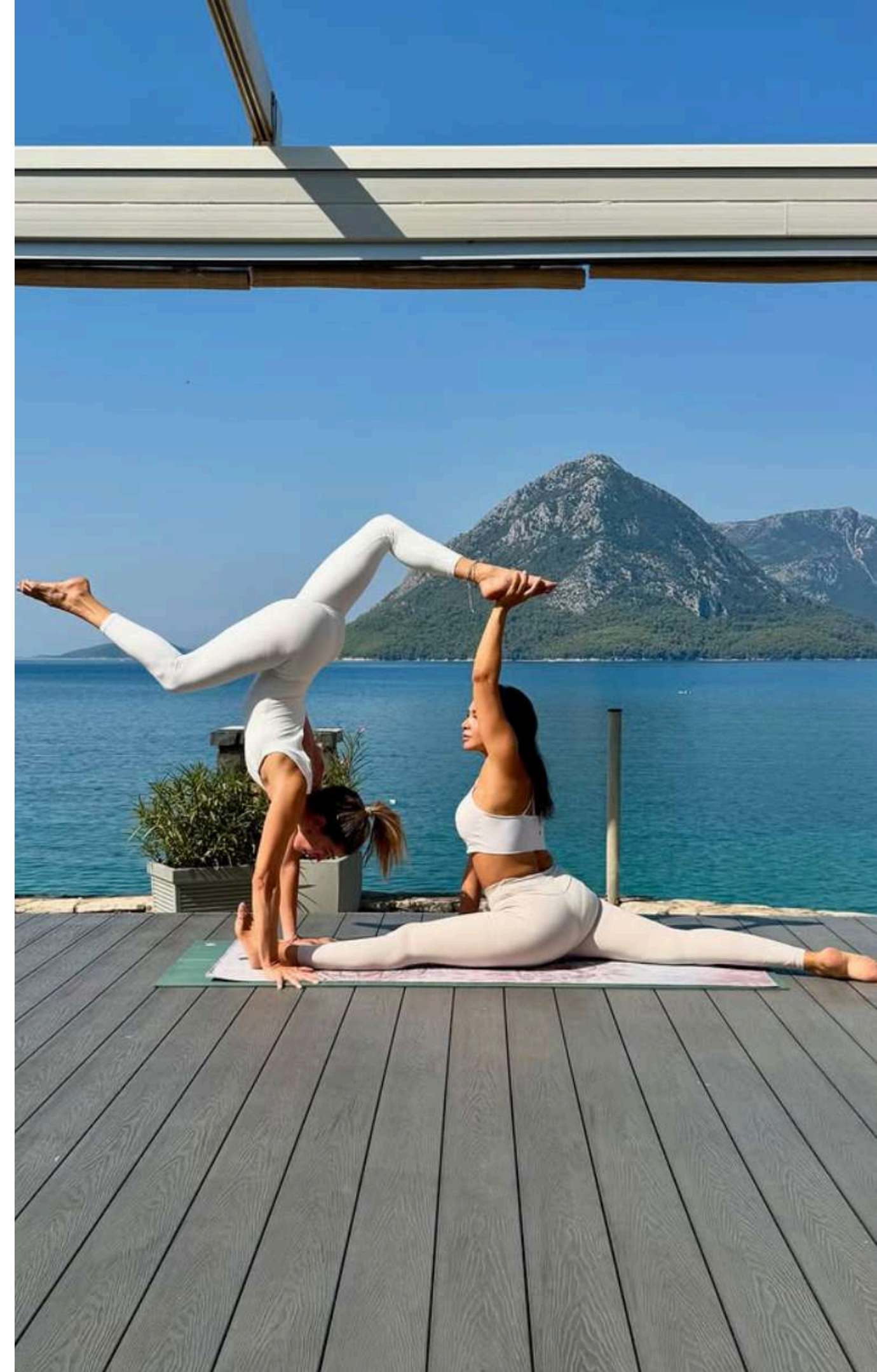
These "**Soma workshops**" have been successfully conducted in Hamburg, Cyprus, and Italy on multiple occasions.

YOGAUNION BALI

THE PRACTICE

Each morning opens with **pranayama**, **meditation**, and **mantra**, followed by vinyasa flows to integrate breath and movement. Late mornings dive into **asanas**, **adjustments**, and **teaching methodology**.

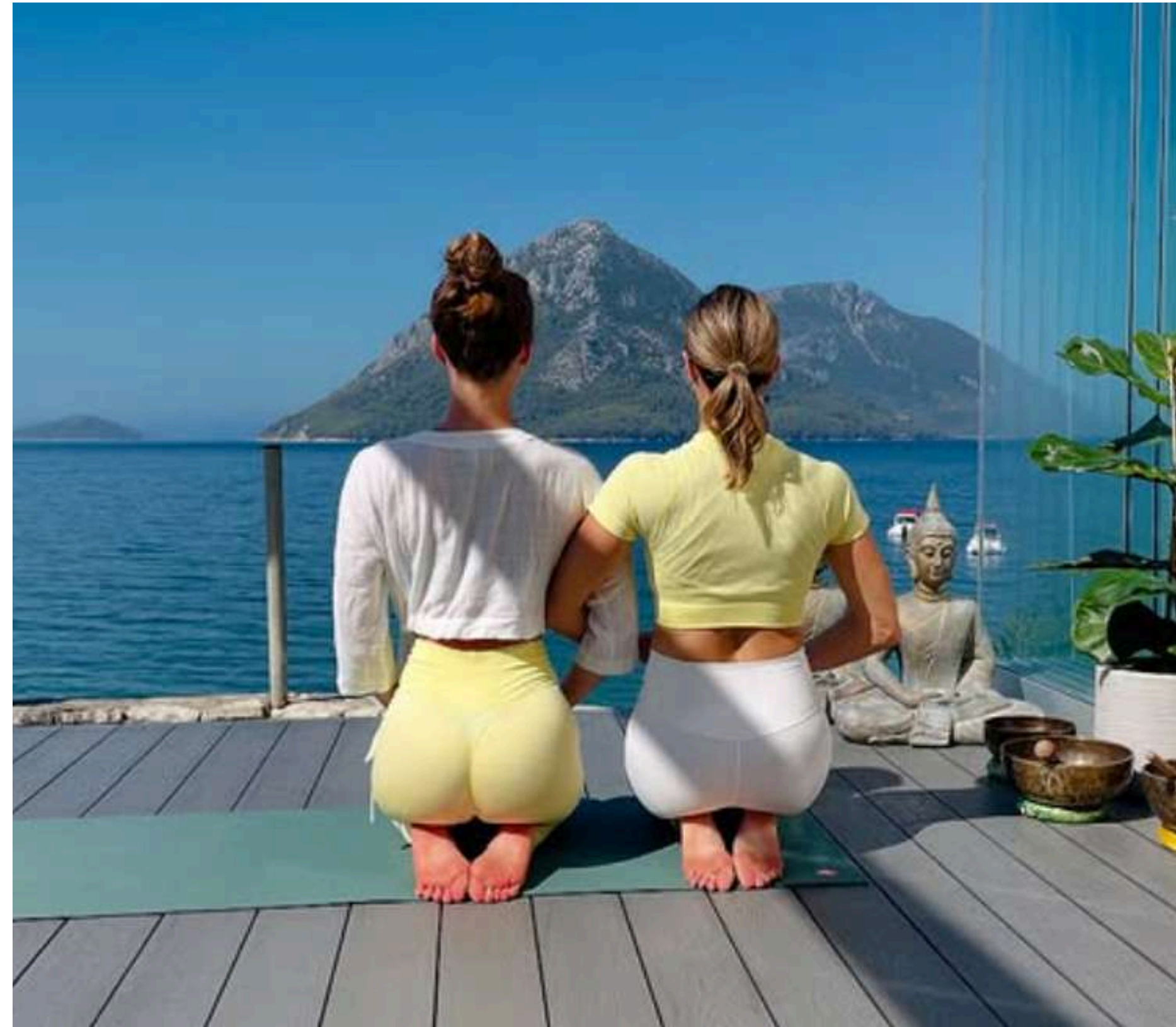
Afternoons bring **restorative styles**, workshops in **Yin**, **Hatha**, **Nidra**, and opportunities to **practice teaching** your own mini sessions. Evenings are for reflection, **sharing circles**, and integration. With expert guidance and peer support, you'll engage in embodied learning, refined facilitation skills, and deep self-connection.



YOGAUNION BALI

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 BALI

THE OVERVIEW

- Yoga Class Style: **Blend of Ashtanga and Vinyasa**
- Food: **Vegetarian, Vegan**
- Skill Level: Open to **all levels**
- Certification: **YACEP** by Yoga Alliance
- Location: Mytikas, **Greece**
- **6 days accommodation**
- 3 meals a day
- **50h** Onsite session
- 10 sessions / 45 min theory – 75 min practice
- **Breathwork**
- Yoga **on and off** the mat
- Yoga **for life**
- Yoga **nidra**
- **Storytelling** in Savasana

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



YOGAUNION BALI

WHO IS IT FOR?



This course is designed for **200h or 300h graduates**, seasoned practitioners, or dedicated yogis seeking inspiration and reconnection.

It's ideal if you're looking to **renew your teaching, refresh your self-practice**, or simply rediscover your love for movement, breath, and embodiment.

Whether you guide others or walk your own path, you'll finish with greater **self-awareness, presence**, and tools to teach from a place of **integrity, heart**, and **clarity**.



DAILY SCHEDULE



YOGAUNION BALI

OUR DAILY SCHEDULE

Each day begins with **Pranayama, meditation, and mantra chanting**, grounding you in presence and setting your intention for the day. Morning continues with **Vinyasa flow**, where you explore movement, breath, and awareness through both dynamic and mindful practice.

Late mornings focus on **Asana alignment and adjustment techniques**, blending traditional methods with modern body mechanics. You'll refine precision, understand modifications, and learn safe, effective ways to guide students.

Afternoons alternate between **Yoga Philosophy** and **Anatomy**, deepening both theoretical and practical understanding of yoga's physical and energetic dimensions.

Evenings include **restorative classes and creative workshops**, balancing the active mornings with **Yin, Nidra, and themed explorations** such as handstands, partner yoga, or cacao ceremonies.

Between sessions, enjoy **nourishing plant-based meals**, time for rest, and meaningful connection — each day harmonizing body, mind, and spirit.

YOGAUNION BALI

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.**



BOOKING & POLICIES



HOW TO BOOK YOUR SPOT

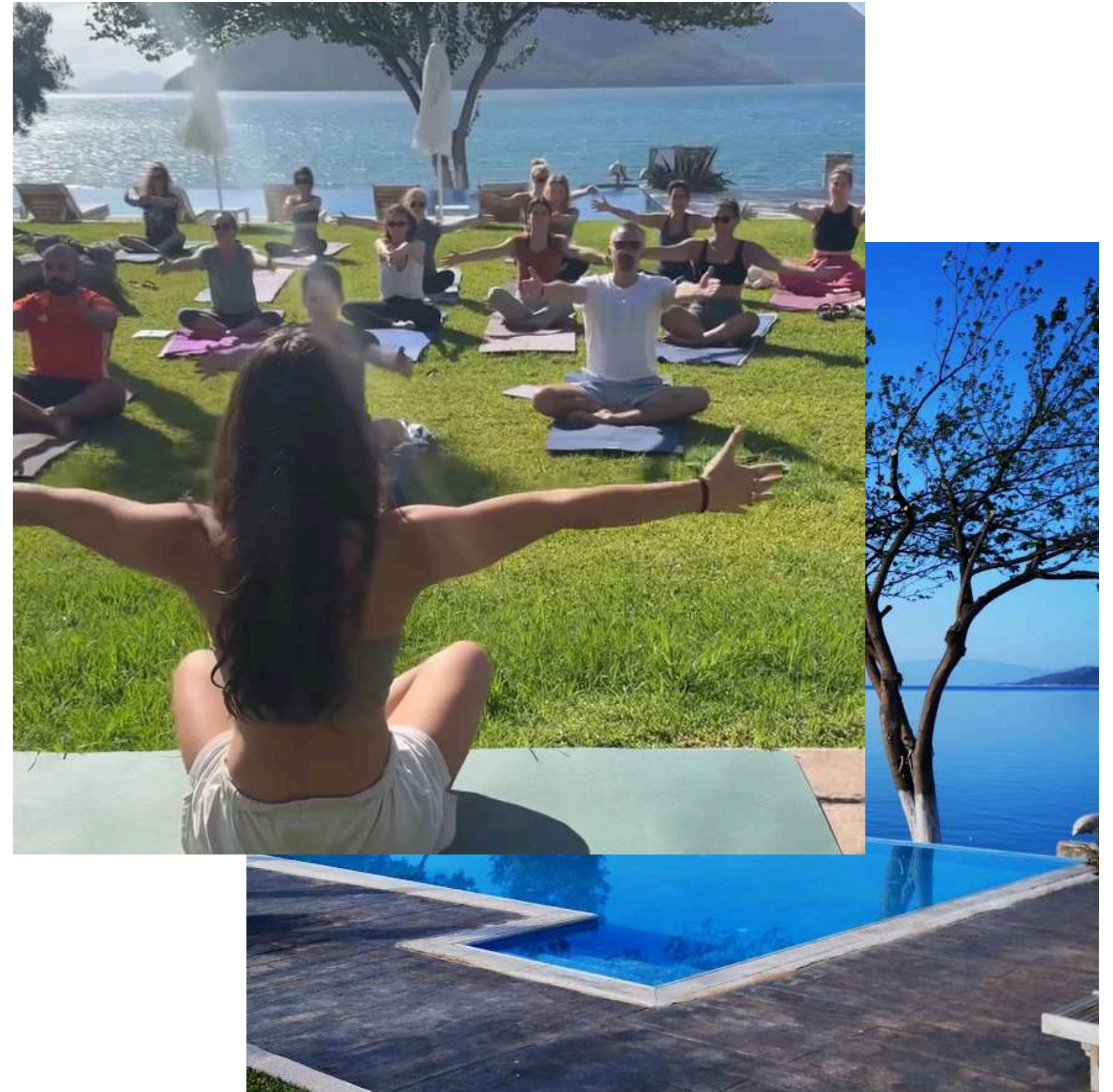
Please **transfer your deposit** via online banking to one of the accounts listed in the attached document.

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

MAKE A DEPOSIT



PRICES

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

Triple Room	890€
Double Room	990€ (Best Value)
Private Room	1090€

** 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: €300 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**

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



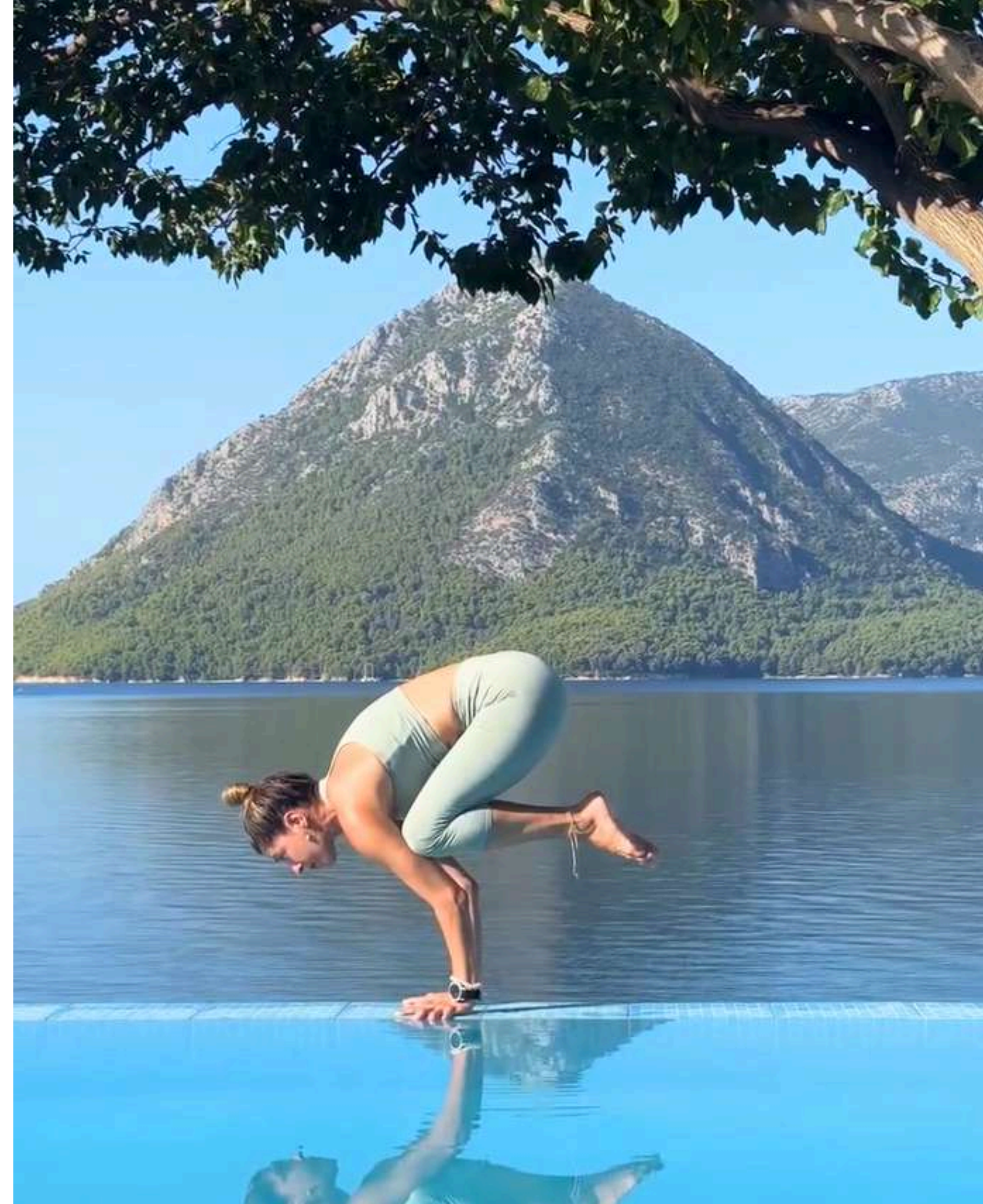
What's Included in Your Training:

- **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: 5-20 students**
- **Cuisine: Vegetarian, plant-based**
- **Skill Level: Open to all levels**

YOGAUNION BALI

UPCOMING TTC DATES

2026 22 Jun – 28 Jun





LIVING THE EXPERIENCE

DIPLOMA

At the end of your journey, you'll confidently deliver a **20-minute teaching presentation** to your peers, integrating everything you've learned into practice. This experience allows you to express your growth, share your voice, and receive **personalized feedback** from your lead teacher to refine your skills.

Upon successful completion, you'll receive a **Yoga Alliance-recognized 50-hour certification**, a credential that acknowledges both your dedication and your ability to teach with **clarity, care, and authenticity**.

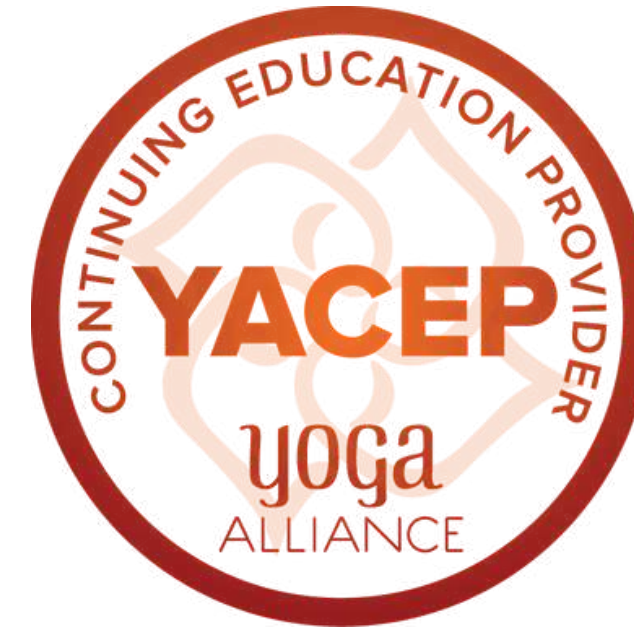
At **YogaUnion**, we believe this milestone represents more than just professional achievement — it's a moment of transformation. You'll walk away with **expanded awareness, teaching confidence**, and the tools to hold **safe, embodied, and heart-led spaces** wherever your path leads next.



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 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

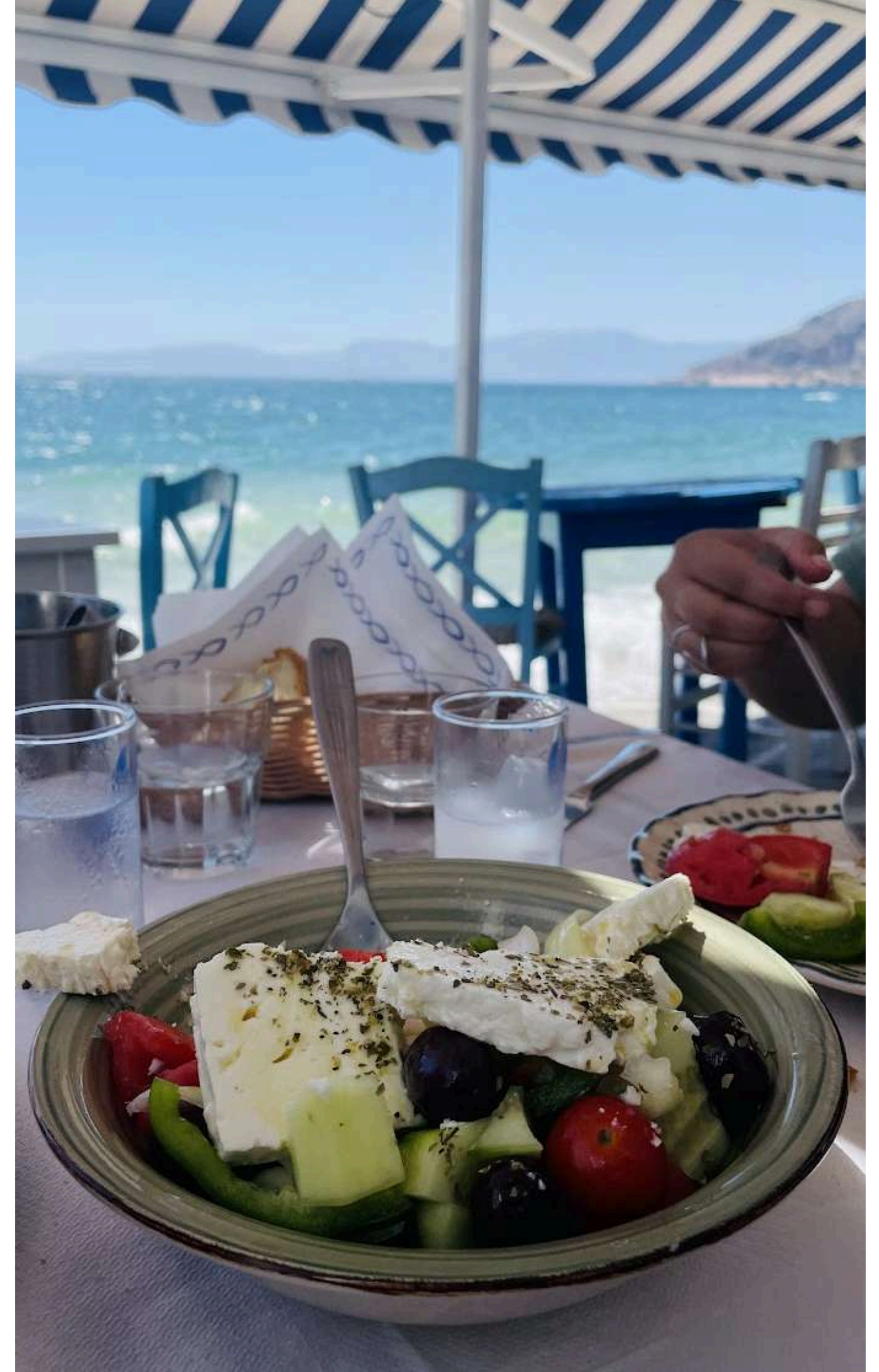
NUTRITION

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.




OUR SOCIAL MEDIA

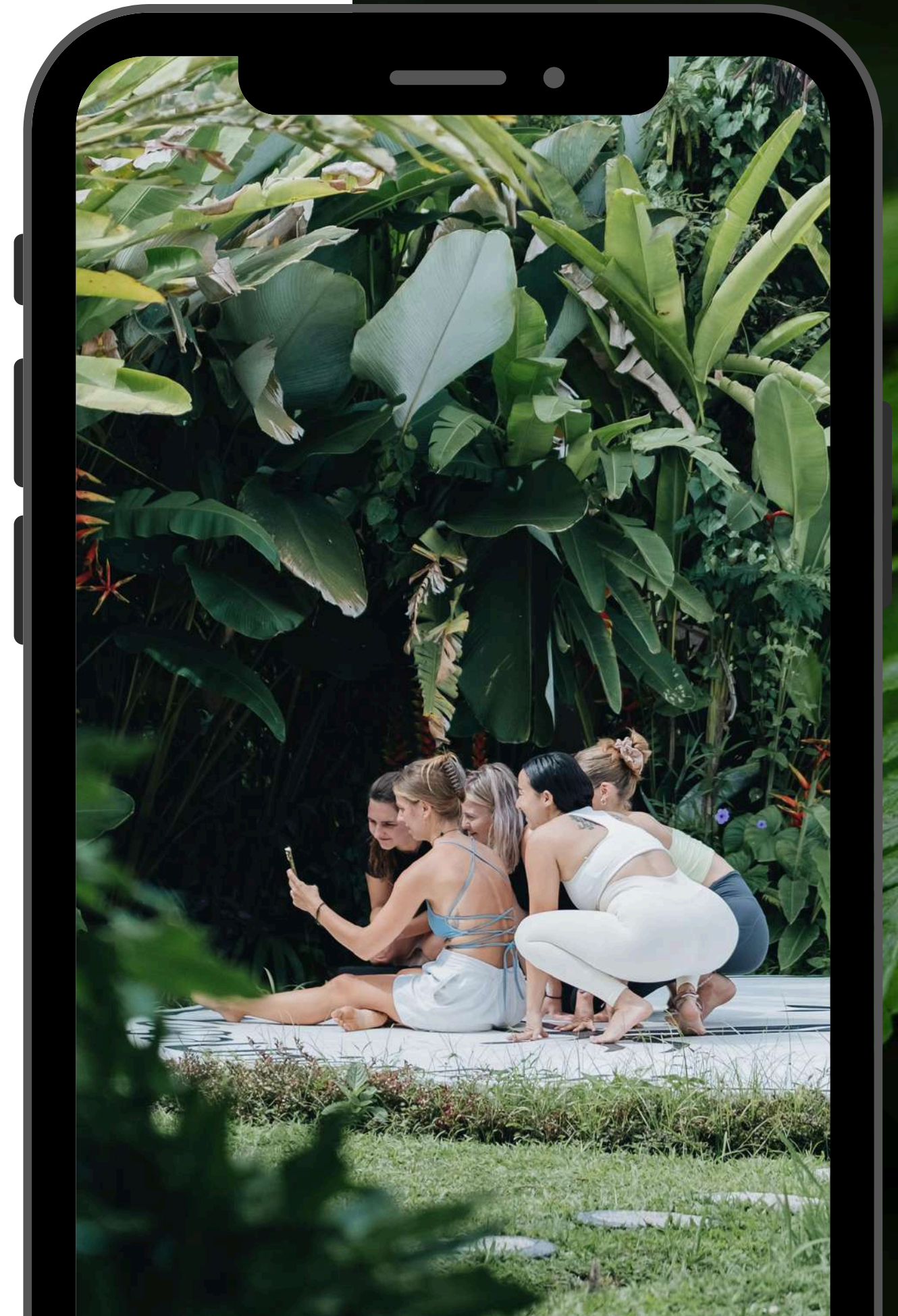
 [@yogaunionbali](https://www.instagram.com/yogaunionbali)

 www.yogaunionbali.com

 [yogaunionbali](https://www.tiktok.com/yogaunionbali)

 [+62 812-3715-4225](https://wa.me/6281237154225)

 [@yogaunionbali](https://www.youtube.com/yogaunionbali)



YOGAUNION GREECE



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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