

SWAHA Yoga Vinyasa Teacher Training

Are you ready to advance your personal practice of Yoga? To learn Yoga on a deeper, more meaningful level and to help improve the lives of others by teaching Yoga?

The **Vinyasa Teacher Training program** in Bali 2016, by Swaha Yoga Center www.swaha.gr is a combination of years of experience, expertise and thousands of hours of training concentrated into a one month transformational experience!

Tanya Popovich E-RYT 500, Yoga Acharya (Master of Yoga) and **Jonni-Lyn Friel** E-RYT 200, Pre-natal, Post-natal and Fertility Yoga, also both certified Jivamukti Yoga teachers have studied and trained in Vinyasa, classical Hatha Yoga and other dynamic styles of Yoga based on body alignment. With extensive experience of living in Ashrams and next to great masters of Yoga worldwide, they are pleased to offer this training combining their unique experience and knowledge.

Evangelos Apostolopoulos is an E-RYT 200 Yoga teacher, an ex-Athlete who spent years training in Karate. He found a new inspiration in life-coaching and all it can do to help others find their way. With a deep understanding of the anatomy of the body and mind, he helps students understand more about their true nature and the function of the body in that nature.

Students are taught in an environment created to help them feel supported, allow for growth and nourish their personal and spiritual practice. This is done by giving them the chance and opportunity to dive deep and self-reflect in a safe and nurturing environment, exploring the path of Yoga and all of its teachings. We envision this program for people who want to be Yoga Teachers with skills and inspiration, teaching from the heart, based on their own practice and personal discipline. People with the desire to share the wealth of yoga and enrich the lives of others and themselves.

This particular Swaha Yoga Teacher Training is based on **Vinyasa Yoga**, however upon completion of this program the student can include any kind of audience and adopt the teachings according to the students' needs.

The curriculum draws from the ancient sacred texts such as the Yoga Sutras, the Bhagavad Gita, Vedanta, Upanishads, the Hatha Yoga Pradipika, as well as some modern spiritual teachings such as that of Jiddu Krishnamurti, Eckhart Tolle, Emmet Fox, Alan Watts and others. This ancient and modern spiritual wisdom is embedded in our daily practice, both within ourselves and off our yoga mat.

Staying in the picturesque South West coast of Bali. The resort overlooks its own private beach carved into the volcanic rock. The setting is spectacular, natural caves and ancient stone carvings offering walks across adjacent cliff top, headlands, rice paddies, coconut groves and deserted beaches. The perfect setting to indulge into this one month training in Magical Bali.

Attendance in all classes is mandatory.

There will be **two weekends off**, April 9th - 10th and April

16th - 17th, the last weekend will be only a one day break on April 23th.

Price Includes:

- Accommodation in shared twin rooms.
- Vegetarian buffet breakfast & dinner.
 - Early morning fruits & ginger tea.
 - Bottled water available all day.

Full Price - €2850*

Early Bird before 10th January - €2500*

*Prices excl VAT

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To hold your space **a deposit of €540 required.**

Refunds:

If you need to cancel your participation in the program, the following is the refund schedule:

50% refund for cancellations up to 60 days from the start of training

20% reimbursement for cancellations up to 40 days from the start of training

For cancellations after 40 days before the start of the program, **no refund.**

