



150 Hours Holistic Yoga Teachers' Training



Energy and spiritual aspects of yoga.

This Yoga Teachers Training is designed for those who would like to deepen their knowledge and practice of yoga, and learn energy and spiritual aspects of yoga. This course is recommended for those who have completed 200H YTTC or 500H YTT or for intermediate or advanced practitioners who would like to enforce their personal practice

SCHEDULE

The course has 3 independent MODULEs that can be completed together or separately in different order.

MODULE I

Monday – Thursday

- 7.00 Morning Yoga Routine
- 9.00 Breakfast
- 10.00 Energy anatomy
- 11.00 Asana geometry
- 13.00 Lunch
- 14.00 Sound healing course
- 16.00 Prenatal Yoga (I trim)
- 17.00 Kundalini Yoga
- 19.00 Dinner
- 20.00 Massage / Sharing

Friday

- 7.00 Morning Yoga Routine
- 9.00 Breakfast
- 10.00 Outdoor Yoga Tour
- 19.00 Dinner
- 20.00 Massage

Saturday

- 6.30 Breakfast
- 7.00 Tour
- 12.00 Lunch
- 14.00 Workshop
- 19.00 Dinner

Sunday

- 8.00 Breakfast
- 9.00 Free time
- 12.00 Cooking class
- 13.00 Lunch
- 14.00 Free time
- 19.00 Dinner

MODULE II

Monday – Friday

- 7.00 Morning Yoga Routine
- 9.00 Breakfast
- 10.00 Energy anatomy
- 11.00 Asana geometry
- 13.00 Lunch
- 14.00 Self-awareness
- 16.00 Prenatal Yoga (II trim)
- 17.00 Kundalini Yoga
- 19.00 Dinner
- 20.00 Massage / Sharing

Saturday

- 8.00 Breakfast
- 9.00 All day tour
- 19.00 Dinner

Sunday

- 8.00 Breakfast
- 9.00 Free time
- 12.00 Cooking class
- 13.00 Lunch
- 14.00 Free time
- 19.00 Dinner

MODULE I

Monday – Friday

- 7.00 Morning Yoga Routine
- 9.00 Breakfast
- 10.00 Prenatal Yoga (III trim)
- 11.00 Energy healing course
- 13.00 Lunch
- 14.00 Energy anatomy
- 15.00 Asana geometry
- 17.00 Meditation course
- 19.00 Dinner
- 20.00 Massage / Sharing

Saturday

- 8.00 Breakfast
- 9.00 All day tour
- 19.00 Dinner

Sunday

- 8.00 – 9.00 Breakfast
- 9.00 – 12.00 Free time
- 12.00 – 13.00 Cooking class
- 13.00 – 14.00 Lunch
- 14.00 – 19.00 Free time
- 19.00 – 20.00 Dinner

More precise schedule will be given upon arrival. Timing and classes order can be changed.



SYLLABUS

MORNING YOGA ROUTINE

ENERGY ANATOMY

ASANA GEOMETRY

PREGNATAL YOGA

SOUND HEALING COURSE

SELF-AWARENESS PRACTICE

YOGA FOR COUPLES

ENERGY HEALING COURSE

KUNDALINI YOGA

MEDITATION COURSE

MORNING YOGA ROUTINE

During Morning Yoga Routine classes we will conduct different types of yoga: Hatha Yoga, Vinyasa Yoga, Pranayama, Kundalini Yoga.

Getting into Difficult Poses is Not the Goal!

Traditionally, the goal of practicing the yoga asanas was not to build muscle or perfect balance. The physical practice was always a means to ready the body for meditation.

*Today, most casual yoga students have other goals in mind when they come to class. **How to meet expectations of everyone?***



*Breathing is a natural thing: breathe in, breathe out...not much to it, right? Well, guess what: there actually is a wrong and right way to get oxygen into your system through your lungs. **How to improve someone's yoga practice just through correct breathing?***

*Discover evidence of yoga as both a physical and spiritual practice. Most of people who come to the yoga class for the first time, would like to get exercises for their physical body instead of the gym. **How to introduce them spiritual side of yoga in a very natural way?***

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By participating in these classes you will learn:

Different type of morning yoga routine

How to adapt class when you have students with different level of yoga experience

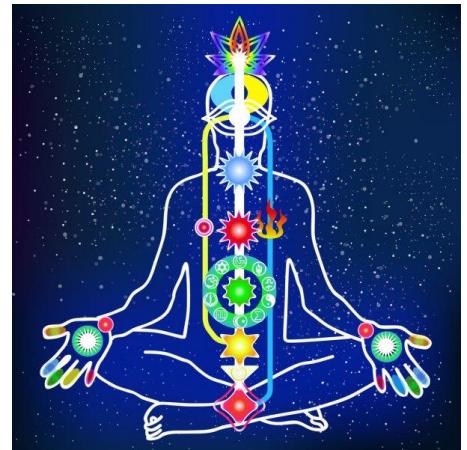
Different way of structuring the class

Useful and interesting ads to the common practice

ENERGY ANATOMY

Energy anatomy plays significant role in the yogic philosophy. Due to excessive emphasis on asana and the physical aspect of the practice on 200h and 300h yoga teacher training courses, energy aspect of human anatomy is often left out. This leaves yoga teachers with a big gap of knowledge about the actual yoga anatomy even after they have completed their TTC.

- How to create connection between body, mind and soul?**
- How to integrate knowledge about human's energy structure into yoga practice?**
- How to understand and how to explain to the students holistic approach of yoga?**
- How to see connection between limits of the students on the class and their life style?**
- How to bring your students to a deeper level of practicing yoga?**
- How to make your classes more transformative?**



10 Energy Bodies & Tantric Numerology

Tantric Numerology is simply a useful tool for understanding one's strengths and weaknesses and for working on the weaknesses and utilizing the strengths more effectively. If you are aware of a weakness or imbalance in one particular area of your energy structure, you can focus on strengthening and balancing that part using the tools of Yoga and meditation.

During the course, you will learn:

- ⦿ About 10 energy bodies;
- ⦿ How to calculate someone's personal numerology based on the date of the birth;
- ⦿ How the energy bodies effect our personality if they are in a weak or strong position;
- ⦿ What exercises and meditations will work for each energy body.

Ayurveda Basic Knowledge

Yoga and Ayurveda are not merely two separate but related healing disciplines of India. Each has its unique place and function, but each one overlaps with the other on various levels. Modern Yoga has defined itself primarily in terms of asanas or physical postures. Bringing Ayurveda into Yoga provides a yogic and Vedic system of medicine to allow for the full healing application of all aspects of Yoga.

During the course, you will:

- ⦿ Learn basic knowledges about the three gunas in their qualities, properties, manifestations, effects, and influences on human physical and energy system.
- ⦿ Complete a dosha test to establish the constitution of our body, the dominant dosha.
- ⦿ Learn ways to balance doshas.

Chakras and Energy Meridians

Chakras are part of the subtle body, a part of you that you can't see or touch. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body.

During the course, we will discuss and analyze:

- ⦿ The properties of energy channels and energy centers and their connections with the physical body;
- ⦿ How emotions and thoughts affect the flow of energy;
- ⦿ How to identify which energy center has a wrong energy flow and how to balance it;
- ⦿ What physical diseases indicate disorders of energy flow, how to regulate it.
- ⦿ You will receive practical methodologies on how to identify energy flow disorders and methods to balance and harmonize them.

ASANA GEOMETRY

Asanas alignment based on Iyengar yoga knowledges how to do asanas in a safe and correct way. Asanas Geometry concerned with questions of shape, size, relative position of figures, and the properties of space.

It's all about understanding your own body and finding progression routes for your practice. If you know how to work with your body in one way, it becomes easier to develop and move it in another way.

The geometry of yoga is definitely a refreshing way to look at how our bodies move and how we can make sure that our bodies stay safe as we explore and progress in our asana practice.



We will look at poses from the Ashtanga lineage, break them down and investigate:

- sitting, lying, standing and inverted postures,
- the anatomical differences in them,
- the major muscles that are used,
- alignment,
- how to use tools such as pads, belts, blankets to choose the right position,
- how to do asanas safely with some physical problems, old injuries, pain and other disorders,
- how to make yoga shapes and learn how to create asana sequences, that methodically move from one position to another.
- similarities between yoga asanas, finding strength and balance in them by looking at anatomy and alignment, so we can learn to use the same muscles in the same shapes but in different poses,
- how to utilize one pose to progress to another with the same foundation and the same strength.
- assessment of body posture, capacity and flexibility and appropriate postures, position selection by adjusting asanas.

PRENATAL YOGA

The journey of pregnancy transforms forever couple's life, parents' identity, their reality, and their future. The impact of woman's hormones reshapes her body, scrambles her emotions, and tests her mind.

Prenatal yoga does not promise a short, easy birth. It can offer you ways to deeply connect with yourself, as you breathe and relax during the process of birthing a child. Holistic yoga approach empowers women, whether the birth is at home or in a large medical institution.



1 Trimester

2 Trimester

3 Trimester

Birth

- ⦿ Realize that you are Bountiful, Beautiful, Blissful
- ⦿ Change your lifestyle
- ⦿ Appreciate your partner
- ⦿ Create a positive picture of pregnancy and birth
- ⦿ Lear self-love and acceptance
- ⦿ Meditate
 - for infinite connection
 - for emotional balance
 - for mental balance

- ⦿ Connect with a soul of your child
- ⦿ Reconsider how you will deliver
- ⦿ Take care about yourself
- ⦿ Create stamina and power
- ⦿ Meditate
 - for increase intuition
 - for opening your heart
 - for pleasant dreams
 - for energy circulation

- ⦿ Trust your partner
- ⦿ Redefine the idea of pain
- ⦿ Move through fear
- ⦿ Learn to surrender
- ⦿ Meditate
 - for letting go
 - for prosperity
 - for welcoming the challenge
 - for connection with Mother Earth
 - for casting out doubt

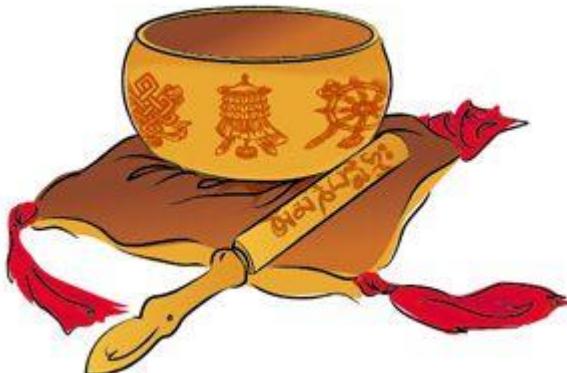
- ⦿ Baby in your arms
- ⦿ Forty-days celebration
- ⦿ Establish new roles and traditions
- ⦿ Transition of the family
- ⦿ Infinite horizon of a mother's love
- ⦿ Meditate
 - for better nursing
 - for connection to the family
 - for mother power

SOUND HEALING COURSE

Sound Healing is a powerful way to reduce stress and calm the mind, allowing practitioners to sink into deep states of relaxation – which sounds like something that would be amazing to add to your yoga class!

The practice of sound healing uses sound waves and harmonic vibrations that affect the body through different tones and instruments, including the human voice.

These specific sounds help to harmonize our brainwaves through a technique called entrainment. Entrainment stabilizes fluctuating brainwaves by providing a stable frequency with which the brain can synchronize. By using rhythm and frequency, we can entrain our brainwaves and facilitate a shift from our normal brain state to relaxed levels of consciousness, which is where deep healing can occur. We typically operate in beta brain states and sound healing can move us into theta and delta brain states. These brain states are associated with the unconscious, deep relaxation and connection to the universe.



Tibetan singing bowls are one of the most popular methods of sound healing.

Gong baths are a type of inactive meditation, where you “bathe” in the healing vibrations of sound.



- ⦿ How sound changes the frequency of your brain
- ⦿ Different types of sound healing instruments
- ⦿ How to use them for deep relaxation and healing
- ⦿ How to use instruments in group and individual sessions
- ⦿ How to perform a sound massage for a person correctly
- ⦿ How to use your voice and combine voice, sound, words and instruments to help a person deeply relax and recover, rejuvenate
- ⦿ How to integrate instruments into nidra yoga and savasana
- ⦿ Chakras balancing with sounds, vowels and bija mantras.
- ⦿ Different types of Gong meditations
- ⦿ Why it is important to practice Gong meditations

SELF-AWARENESS PRACTICE

Outdoor Yoga Tour to Holy Santhipala Waterfall

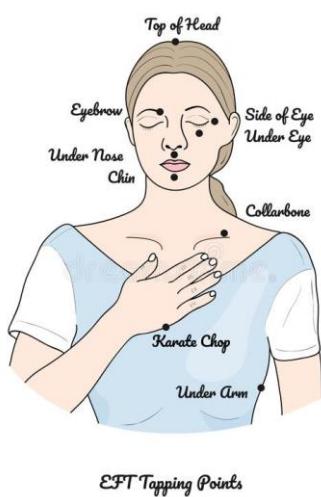
The founder of Santhika Retreat Center is a Balinese Healer in generations. His father discovered a unique beautiful and powerful natural spot to create Healing and Meditation Center in the Heart of Bali. Holy Santhipala Waterfall is a part of all our transformative programs, where people receive sacred knowledges from the subtle level by connecting with the Nature and the Spirit.

During the time spent there, you will experience different techniques that can be conducted at the natural spots for:

- ✓ Connection with 5 elements;
- ✓ Purification;
- ✓ Emotional release;
- ✓ Deep meditation.



Emotional Freedom Technique (EFT)



EFT is known as a combination of ancient Chinese acupressure and modern psychology. The EFT tapping sequence is the methodic tapping on the ends of nine meridian points. And at the same time using phrases for simultaneous reprogramming of the subconscious and self-suggestion. EFT is an alternative treatment for physical pain and emotional distress.

After this workshop you will be able to help a person:

- ✓ Discover, identify and formulate the main obstacle, problem, obsolete harmful beliefs subconscious program.
- ✓ Evaluate the current problem in the ten-point system according to strength.
- ✓ Create a self-acceptance program no matter what happens in his life in the past or now.
- ✓ Create new programs that will help him liberate himself from the limitations, obstacles, difficulties of life, pain, fears, stress.

Osho Tarot Cards

Osho card insights help to expand awareness and take your perception to the next level. Those insights, perceptions, reflections help to grow spiritually, see more clearly, perceive deeper. You will learn how to use cards to help your students to gain personal insight. During the training you will get practical tips on how to use these cards with the aim of deepening the benefits of yoga classes on a spiritual level. Osho cards are a great compensation for those who view yoga only as a physical practice. They receive much more depth and awareness, a connection between all energies and subtle bodies.

You will learn how to integrate these cards into your ordinary yoga class:

- ✓ to create a space and state that allows the yoga practitioner to go deeper into more than just the physical level.
- ✓ to bring to your students a deeper understanding and experience that they will absorb into the subtle bodies during Shavasana.
- ✓ to escort a person with an elevated spirit and higher vibrations, creating for him immunity to low environmental vibrations.

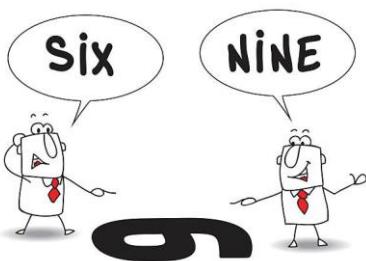


Points of You Coaching Cards

Every thing: people, objects, situations, music, tastes... every little thing in life has countless points of view. The real challenge is to look at things from a new viewpoint, one that was previously out of our sight. Change almost always starts when we are open and ready to take a chance and look at things from new perspectives, new points of view. Being aware and fully present is the first step toward shifting our point of view, and in effect – toward personal, professional and even organizational development.

A cornerstone of the Points of You® method is the interaction between the right brain, the intuitive and emotional half of the brain, and the left brain, focused on logic and analysis. The games are based on associative links between photograph, theme and the issue we have chosen. This unique inner motion creates a new response, resulting in emotions and insights that are new to our mind and heart.

After completing these training, you will be able to:



- ✓ help a person to understand his thoughts and points of view, using these or other associate cards,
- ✓ provide personal and group guidance to help them understand themselves,
- ✓ see more clearly the situation in which they are trapped, because of their attitude,
- ✓ help reduce tension and stress,
- ✓ understand people's emotions, from where they come, what to do with it, and how to solve the problem,
- ✓ develop a broader, more conscious approach,
- ✓ facilitate communication by adopting a different approach from each other,
- ✓ facilitate self-expression, help unleash creativity,
- ✓ bring more playfulness, lightness, simpler approach.

YOGA FOR COUPLES

Discover deeper way of interconnection and conscious communication through Venus Kriya Practice.

A Venus Kriya is an exercise done by a couple – ideally a male and female, but it may also be done by two women or two men. “Kriya” means completed action, and “Venus” refers to the Roman Goddess of love and beauty.

A Venus Kriya scientifically and precisely combines male and female polarities with asanas, mudras, mantras, pranayama and meditation to generate a strong psychomagnetic field, through which energy is drawn in and directed positively towards subconscious cleansing and the raising of consciousness, through the chakras to higher, divine consciousness.



ENERGY HEALING COURSE

You will learn energy healing technique Sat Nam Rasayan. Sat Nam Rasayan® is a technology that stems from an ancient healing tradition, traced back to the great Indian healer, yogi, and Sikh master Guru Ram Das. It has been taught secretly and in silence from Master to the student, until the 1980s. At that time, Yogi Bhajan, the master who also brought Kundalini Yoga to the West, taught it to his chosen student, a reputed Shaman, and healer named Guru Dev Singh, with the mission to teach this technology openly for the first time.

Sat Nam Rasayan is the most easy and safe energy healing technique, that you can use for someone or for yourself to work with absolutely any request.

Learning this technique will help you:

- ✓ to feel and provide the energy flow on your classes,
- ✓ to feel other people and their energy state,
- ✓ to improve your intuition and open your third eye vision,
- ✓ to create safe healing space during your teaching.



Aromatherapy

Aromatherapy will give you a magic of essential keys that you can use in your daily life and incorporate into your yoga practicing and teaching.

Aromatherapy is a technique that allows you to determine the characteristics of a person's psycho-emotional state. Essential oils have access to the limbic system of the brain, also called the "emotional brain." It is there that the feelings and emotions of difficult and traumatic situations that we cannot control and which we cannot put in order either with the help of self-control or with the help of reason are blocked and stuck. But they negatively affect our health, relationships and destiny.

Essential oils are able to penetrate the limbic brain and break down the blocks that keep you from being happy. Fragrances have a subconscious or unconscious effect on our mental states, help to show more positive personality traits, and therefore make us happier. This is an amazing tool of self-knowledge for talking with your subconscious and Soul, thanks to which you will receive answers to exciting questions that are hidden in ourselves.

During the course, you will learn:

- ✓ how different essential oils can be used to work with particular emotional and mental blocks;
- ✓ how to conduct diagnostic to find out which exactly fragrant should be recommended to a person in the different life cases.



KUNDALINI YOGA

Kundalini Yoga is the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul.

We harness the mental, physical, and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul.

- ⦿ become aware where our emotions are stored in our bodies;
- ⦿ learn different meditations and kriyas for emotional cleansing;
- ⦿ how to handle emotional release on the class.



During the course you will practice exercises and meditations:

- ✓ for balancing and strengthen 10 energy bodies;
- ✓ for balancing chakras and cleansing energy channels;
- ✓ for emotional and metal balance;
- ✓ for conscious communication;
- ✓ for developing intuition;
- ✓ for stress release;
- ✓ for developing virtues and arising consciousness.

MEDITATION COURSE

You will learn how to restore the energy flows in the entire energy system through the chakras balancing meditation techniques. Each of them is a separate powerful instrument to balance the entire human's energy system.



Ananda Mandala

A very powerful breathing technique to restore energy balance in the body.

Vowel Meditation

Harmonization of energy centers meditation, through concentration, affirmations and sound.

Color Meditation

Through focus, concentration and color visualization to stimulate and balance the chakras.

Bija Mantra Meditation

Two variations of Bija mantras implementation practices for balancing the chakras and restoring the harmonious flow in the energy system by sound.

Scent Meditation

Scent meditation is one more way to balance energy centers using essential oils.

Sharing Circles

Every week we will conduct two sharing sessions (every Tuesday and Thursday). Sharing sessions have a purpose to:

- ✓ discuss questions that you have got during your previous experience in your yoga practicing and teaching;
- ✓ discuss questions that you will get during the course;
- ✓ share your experience and thoughts;
- ✓ experience the power of sharing as a tool of awareness;
- ✓ learn how to conduct sharing circle.

INCLUSIONS. PRICES. ACCOMMODATION

Accommodation	Room Type	Single (1 person)	Double (2 people)
Dream Hill Retreat Center	Single room	\$2,900	-
	Double/Twin room	-	\$5,700
	Private bungalow	\$3,100	\$6,200
Santhika Hotel, Villas, Yoga & SPA	Standard room	\$3,100	\$6,200
	Superior room	\$3,200	\$6,400

What is included?

- ✓ 22 nights in accommodation of your choice;
- ✓ Breakfast, lunch, dinner, non alcohol beverages;
- ✓ 150 hours YTTC;
- ✓ 9 massage sessions;
- ✓ Outdoor Yoga Tour to Holy Waterfall;
- ✓ Sightseeing tours every Saturday;
- ✓ Cooking classes every Sunday;
- ✓ Two-ways airport transfer.

What is not included?

- ✓ Visa costs;
- ✓ Quarantine costs;
- ✓ Flight costs;
- ✓ Extra SPA treatments & tours;
- ✓ Insurance;
- ✓ Laundry service;
- ✓ Personal expenses.



DREAM HILL RETREAT CENTER

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instagram.com/santhikaretreatcenter



LOCATION

Dream Hill Retreat Center is located in Lovina Beach, North Bali: 2 kilometers from the center of Lovina and 1.5 kilometers from the beach.

Dream Hill Retreat Center stands on the top of the rock with a 360-degree view on the Bali Sea, mountains, rice fields, and Kaliasem village, and is probably one of the most extraordinary accommodations you have ever booked. To get to the top you have to climb 108 steps.



FACILITIES & SERVICES

- Newly built, 2018-2021
- Unique construction made from recycled wood
- Eco-friendly concept
- Fruit garden
- 10 private rooms can accommodate up to 14 people
- Free WiFi on 3 levels of the hill
- Open air yoga shala - tree houses with sea view
- Restaurant with sea view
- Vegetarian friendly menu
- Open infinity pool with sea view
- SPA center with sauna
- Balinese massage, Healing, Body treatments, SPA programs
- Laundry service
- Tour desk
- Taxi service
- Clean&safe standards

GUESTS ROOMS

Single rooms

- 6 single rooms
- Large beds 120 cm
- Ceiling fan
- Shared bathroom
- Location on the second and third levels

Double / Twin rooms

- 1 double and 2 twin rooms
- Double bed 160 cm;
- Single beds 90 cm
- Ceiling fan
- Shared bathroom
- Location on the third level

Double bungalow

- 1 bungalow
- Double bed 180 cm extra long
- Ceiling fan
- Private bathroom
- Private lounge pool
- Private kitchen
- Private sitting area with outdoor furniture
- Location on the first level



SANTHIKU HOTEL VILLAS, YOGA & SPA

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LOCATION

Santhiku Hotel, Villas Yoga & SPA is the place where Santhika Retreat Center started its history in 2017. Nowadays, they conduct main activities at Dream Hill, but they still accommodate their guests and sometimes make yoga classes at Santhiku. This place is recommended for those who require air-conditioning and a private bathroom in their own room. There is a small lounge pool on the spot, a spa center, and a restaurant as well.



FACILITIES&SERVICES

- Newly renovated, 2020-2021
- Unique construction made from recycled wood
- Eco-friendly concept
- Tropical garden
- 5 private rooms with garden view can accommodate up to 14 people
- Free WiFi
- Open air yoga shala
- Open air Restaurant
- Open air lounge area
- Vegetarian friendly menu
- Lounge pool with garden view
- SPA center
- Balinese massage, Healing, Body treatments, SPA programs
- Laundry service
- Tour desk
- Taxi service
- Clean&safe standards

GUESTS ROOMS

Standard rooms

- 3 double rooms
- Queen size beds
- Air-condition
- Private bathroom
- Garden view
- Extra bed available
- Max occupancy 3 people

Superior rooms

- 2 double rooms
- Queen size beds
- Air-condition
- Private bathroom
- Garden view
- Extra bed available
- Max occupancy 3 people

Private villas

- 3 private villas
- 2 bedrooms
- 2 villas have private lounge pool
- Queen size beds
- Air-condition
- Extra bed available
- Private equipped kitchen
- Max occupancy 5 people