SANTOSHA YOGA TEACHER TRAINING
Level One 200 Hour Handbook
Mandatory Items – Bring to training!

- Yoga Mat - there will be some available for purchase from $55 AUD if you do not have one
- Highlighters/Note Books etc – you will take a lot of notes. Be prepared 😊
- Book/ Kindle version:
  - The Power of Now - Eckhart Tolle (needed to complete your first assignment)
  - Yoga for Wellness - Gary Kraftsow

Manuals and Forms

Santosha will send you the log in for the Student Resource Centre upon receipt of deposit - so you can download all required documents for the YTT from the website. It is the responsibility of the student to log on and download all documents required. Please read the instructions carefully to clearly understand the directions. Allow time and space to do this task without distractions.

Students have a choice of:
- a. downloading to an ipad/ laptop or other device or
- b. printing and bringing their Manuals and Assignments

It is up to you which option you prefer. Whatever you choose please read this carefully to ensure you have downloaded or printed everything you need. Everything on this page can be found in the Resource Centre. If you did not receive this log in please let us know immediately.

Forms

You need to print and bring:
- Santosha FINAL TEACHING ASSESSMENT Form
- Santosha Student Agreement

*We must have your signed Student Agreement prior to starting! Please bring to Welcome Circle :)

Manuals

You need to either download or print and bring:
- Santosha ASANA Manual
- Santosha ANATOMY Manual
- Santosha VINYASA KRAMA Manual
- Santosha Yoga TEACHER TRAINING MANUAL Level 1 200 Manual

Assignments

All information on the Level One Assignments is in the Resource Centre. These three assignments are to complete prior to the course, to be handed in during the first week of your training:

- Power of Now Assignment (Mandatory – will be marked)
- Anatomy Colouring (Optional – recommended for your own learning)
- Samkyha Assignment (Optional – recommended for your own learning)

The rest of the assignments will be explained and completed during class time. Due dates will be listed on the schedule. Please do not concern yourself with them until you are on the training!

You can handwrite your first assignments, or email them through to our assignments email: Santosha Marking - assignments@santoshayogainstitute.edu.au
**Taxis and Airport Pick-Up**

**Canggu students** - Bali’s International Airport is located in Denpasar, roughly 45 minutes drive from Canggu (depending on traffic!) If staying onsite, our accommodation partner has reliable drivers who can be organised via Samadi.

If your accommodation does not have its own driver, you can catch a taxi from the airport very easily. Make sure you arrive with IDR (Indonesian Rupiah) or change some money into IDR before you leave the baggage claim / terminal area, so that you can pay in the correct currency.

We also have drivers we can recommend. Please email us or find on facebook: https://www.facebook.com/moglienotugly?fref=ts
https://www.facebook.com/wayan.sudarma.35728?fref=ts

**Boat Transport to Nusa Lembongan**

**Nusa Lembongan students** - All boats leave Bali from north Sanur, where the harbour is located at the end of Jalan Hang Tuah. You will find the offices for all boat companies on this street.

To reach Sanur, you will fly into (Ngurah Rai) Denpasar Airport in Bali. Sanur is around 45 minutes drive from the airport. D’Camel can arrange an airport pick up for you. Request with them at time of booking.

**Fast Boats** – Santosha recommends!! 20 – 30 mins - approx 500.000 IDR return ($50 AU) Cheaper with D’Camel- $20 AUD Santosha discount!! Packages include pick-up from south Bali and transfer to your hotel in Nusa Lembongan.

**D’Camel** – This fast boat company offers a complete package and provides transport door to door throughout south Bali. See more here: http://dcamelfastferry.com/

Please use this code at checkout for $20 AUD off: Santoshayoga

Any additional queries please email: reservation@dcamelfastferry.com , info@dcamelfastferry.com , sales@dcamelfastferry.com
Or contact Enny, Sales Manager:
+628113886969 / P : 0361-449 – 0502 / M: +6281-339-515-837

With Nusa Lembongan, boats only operate during daytime hours, so if you arrive late at night you can break up your travel with a night in Sanur, where the boats leave from. There are many hotels with good deals on booking.com for one night, then you can rest up before you go across by boat. If you email your hotel they will be able to send a driver to pick you up from the airport. Or use the drivers we recommend (see above under Canggu)
Travel Insurance

You must have travel insurance to attend the training. The financial risk to you is too high if you are sick or injured in Bali to travel without it. Trust us - you do not want a medical bill in the thousands (or tens of thousands!) as a souvenir of your time in Bali.

Safety Information

- Watch out for pickpockets and bag-snatchers, and always lock your hotel room and car.
- Be careful on scooters and bikes, there have been bag-snatchings in Bali, particularly of women. Keep your bag down inside your feet or in front of your chest if you can. Do not put valuables in your bike or scooter basket, wear a cross body strapped bag with them in it instead.
- Stay in a group when travelling around at night, even in Bali you need to be careful.
- Keep your valuables (passport, airline ticket, credit cards, traveller's cheques and cash) in a safe deposit box at your hotel, or at a bank.
- Secure the key in your money belt; don't leave it in your hotel room when you go out.
- Money belts are better than 'bum bags', which are an open invitation to pickpockets. Hide your money belt under your clothes.
- Carry your handbag on the side of the road furthest from the roadway. Get a bag with a strap that can cross across your chest, not one that hangs off your shoulder!
- Keep copies of your travel documents and emergency contact details on your person.
- An unattended car can be broken into within minutes. If you are touring in Indonesia, either carry everything with you when you leave the car, or find somewhere to stay first and secure items at the hotel before you go out.
- If you really need to travel with all your valuables, secure items in various places rather than lose everything if one bag is stolen.
- It is mandatory for Santosha students to wear a helmet at all times on a motorized scooter or bike.
- Make sure you pack tropical strength insect repellent (containing DEET) and light pants and long sleeved clothes to cover up with. Some more great tips can be found here: http://annesigmon.com/aps-antiphospholipid-syndrome/twelve-tips-for-avoiding-mosquitos-and-the-serious-diseases-they-carry.

Remember, friends and relatives may need to contact you in an emergency.
- Leave copies of your itinerary, passport and insurance policy with friends or relatives.
- If you don’t have any firm plans, make a schedule to call home regularly and stick to it.
- Update your contact details through the airline you are travelling with (sometimes messages are left with the airline for forwarding)

Hospitals

There are two large western hospitals in Bali for emergencies:
Siloam - 0361779900 / BIMC – 0361761263

Bali Driving

To drive legally in Indonesia you must have a current Indonesian or International Driver's License that is valid for the type of vehicle you are driving. If you rent a vehicle and you don’t have such a license, you will be driving illegally and your insurer may refuse any claim you make. Insist on paying for comprehensive insurance when you rent a vehicle. Negotiations with vehicle owners and families of injured parties can take at least a week to resolve. If you have organized comprehensive insurance, the rental agency is responsible.

Riding a scooter or push bike - you wouldn’t ride without a helmet in your own country so ensure you ride with a helmet in BALI!! Check your travel insurance. Does it cover motorcycle riding? Most companies that rent motorcycles only provide flimsy helmets. Bring a proper helmet with you or only rent from a company that supplies them.
• Get used to bikes and cars swerving into your lane without indicating.
• Wear protective clothing (not shorts and thongs).
• Watch out for large holes in the road or obstacles such as small trees to indicate holes
• Merging traffic only give way if they are smaller than you.
• Every man for himself when entering a roundabout.
• There are many one-lane roads and you may have to go quite a distance to return to the same location.
• Balinese are not used to drivers driving with their parking or headlights on during the daytime.
• It is mandatory for Santosha students to wear a helmet at all times on a motorized scooter or bike.

Terms and Conditions

Please read the terms and conditions listed on the below link carefully. You are responsible for reading the material and understanding our policies:
http://santoshayogainstitute.edu.au/santosha-yoga/payment-policy/

Mandatory Student Information Form

Before you leave for Bali please fill on our Student Info Form, so we can keep you safe and happy and ensure all injuries and illnesses are taken into account by our team.
http://santoshayogainstitute.edu.au/training/mandatory-student-information/

Schedule and Welcome Circle

We will email you an hour-by-hour schedule prior to the commencement of the Training. The schedule is a living document and can change due to situations that may arise at any time during the training. There is a “wall of truth” that is located in the Shala. Upon this “wall of truth “will be a schedule and all other relevant information about assignments, assessments etc. The schedule will be emailed to you one week prior to the Training.

The Welcome Circle happens at 1:30pm onsite on your first day. The Welcome Circle is about getting to know each other and highlighting important foundations of the YTT, accommodation and any other relevant information that will assist each student to feel comfortable in their surroundings and launch into the YTT.

The YTT 200 Training Manuals and Santosha singlets, and any other product your ordered, will be handed out during this time. The first Asana session will occur on the am of the following morning. Please see the schedule for times and sessions - this will be emailed out to the email you supplied on registration, one week prior to the commencement date of the YTT.

Yoga Library

These are the mandatory books you must have in your yoga library – you can purchase them before or after the training but you do not need to bring them with you to Bali:
• Key Muscles of Yoga - Ray Long
• Yoga for Body, Breath and Mind - AJ Mohan
• Yoga Therapy - AJ Mohan
• Anatomy Trains - Tom Myers

Contact Us

Any questions? Please email Jennie at  info@santoshayogainstitute.edu.au with any questions - we are here to help!
Visa Requirements and Passport

Please confirm requirements for the appropriate visa, passport, International Drivers License and travel insurance prior to your departure from your consulate or travel agent.

Please note: Santosha cannot supply sponsorship or other documentation (including letters or forms) for any Visa applications.

If you want to stay longer than one month we highly recommend a Social Visa. Being an Australian company, Santosha cannot provide sponsorship for this but this Bali company can help you with sponsorship for Visas: http://baliviza.com/sponsorship-letter

Visas on Arrival

Indonesia has introduced regulations with regard to visas, limiting tourist visas (which are no problem to acquire) to 30 days. Visas are obtained on arrival at the airport for $35 USD. Payment may be made in many currencies now. Many countries can now enter for free – but be aware that if you chose this option you will need to leave the country to extend your stay beyond 30 Days. If you want an extra 30 Day Visa Extension you MUST PAY for the Visa on Arrival so you can extend this within Bali.

Visa Extensions

PLEASE NOTE: IF YOU WISH TO EXTEND YOUR VISA YOU MUST GET A PAID VISA ON ARRIVAL. DO NOT ACCEPT THE FREE VISA AS IT IS NOT AVAILABLE FOR EXTENSION.

It is possible to extend your stay for 60 days. Purchase your 30 Day visa (not the free Visa, as you cannot extend this) upon arrival for $35 USD then you go to class one immigration (near airport) to apply and extend for the remaining 30 days.

To extend your visa on arrival you will need to have a copy of your passport, your flight details, your visa upon arrival and your departure card for the immigration department when you apply. Our student counselor will give you more details of this process at Welcome circle. You may need to spend some time visiting the Visa office on your day off – be prepared for travel and waiting time if you chose to extend. It will take a least one day of your time in Bali to visit the office.

60 Day Tourist Visa pre-departure/ Social Visa

The option to apply for a 60 day tourist visa from a local Indonesian embassy prior to departure is available. However Santosha cannot supply sponsorship, letters or other documentation for any Visa applications.

To do this, contact the local Indonesian embassy in your area and inquire for more details. Be careful when looking online that you are receiving information from government websites. There are many visa advertisements that may be more expensive or supply incorrect information. Look for websites run by the Indonesian or local government of your country often ending in a .gov web address. Please make sure you state you want a Tourist Visa - you are considered a Tourist.

NOTE: Please be responsible for your Visa decision and know that it is your responsibility to obtain a visa that will permit you to stay for your desired duration. Also be aware that the process for obtaining visas can always change and may be subject to delays. Be sure to give yourself ample time to obtain the appropriate documents.

You may like to contact Zando Consultant for Visa assistance: https://www.facebook.com/Zando-Consultants-293495140755831/

Please check your passport expiration: You must have six months validity remaining on your passport from the date of your return otherwise the Indonesian Government will not let you enter Bali. To enter in Bali, you must also have at least two blank pages in your passport in order to receive the visa on arrival.
How to Pack

Try to travel light and if you wish to shop whilst you are in Bali keep in mind for your return flight if your printed manuals will be with you!

Along with the supplies you need for the course itself here are some suggested supplies:

- Bathing suit
- Flip-flops
- Comfortable sandals
- Camera
- Sunscreen
- Sunglasses
- Hat
- Cotton t-shirts
- Long sleeve cotton shirts
- Cotton sweater or light jacket
- Long loose cotton pants
- Your regular toiletries (as we all have our favourites)
- Your medical prescriptions
- Beach towel (preferably quick drying)
- Acidophilus/Probiotic: helps to maintain healthy bacteria in your digestive track
- Small first aid kit including:
  - Activated charcoal of other treatment for Bali Belly/ vomiting etc. Just in case!
  - Tea Tree oil/Silver good for minor skin irritations, wounds, mosquito bites, etc.
  - Items to treat maladies common to you
- Flash light that can be worn on your head for ease of walking at night
- Water bottle – BPA free
- Any other item that assists you when you travel e.g. ipod or other, laptop
- Tropical strength insect repellent (with DEET)
Santosha Packing Checklist

• Have you printed, read and signed Santosha’s Student Agreement?
• Have you filled in the Mandatory Student Information Form online?
• Have you downloaded or printed:
  
  Manuals:
  • Level 1 YTT 200 Training Manual
  • Asana Manual
  • Vinyasa Krama Sequence Manual
  • Anatomy Manual

  Other:
  • Self Reflection + Daily Log sheets
  • Final Teaching Assessment Form
  • Evaluation Form
  • Student Agreement printed and signed

It is your responsibility to have these with you during the course. You do not need a hard copy of the Manuals unless you decide this – you can simply have them on your Laptop or Ipad. So either download or print.

• The Power of Now - Eckhart Tolle (needed to complete your first assignment)
• Yoga for Wellness - Gary Kraftsow
• Photocopy of passport and travel documents x 2 just in case
• Always bring two method of obtaining money eg. Credit card and Debit Card. Keep them separate so in the case of loss, the other is available to use
• Let your bank know which countries you will be visiting – then they will not block your card when they see foreign transactions
• Checked all entry/ Visa requirements to the country you are travelling to
• Travel Insurance – you must have this to attend the training
• Medical prescriptions and items
• Yoga Mat
• Cash for when you arrive in the local currency
• Insect Repellent (DEET)
• Arranged your airport pick up / boat or have directions to accommodation to give the driver
• Paid the final balance for YTT or arranged otherwise
• Have the books and items – note books, highlighter pens, etc that you need for the YTT
• Questions? Email Jennie at info@santoshayogainstitute.edu.au - we are here to help!
• Ready for an adventure? 😊