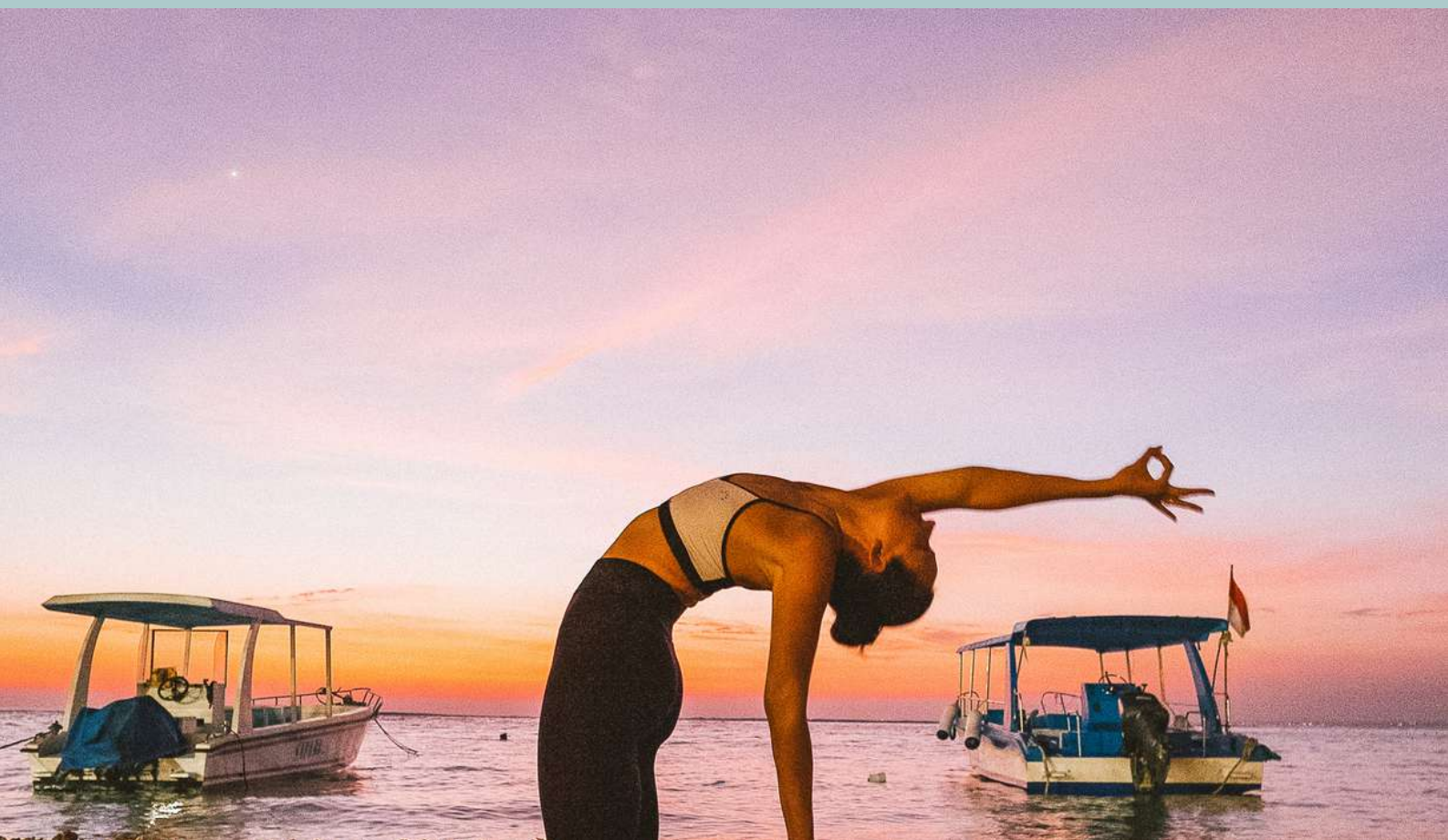




SANTOSHA YOGA INSTITUTE

CERTIFIED RYT-200

BALI YOGA TEACHER TRAINING



GET STARTED ON YOUR JOURNEY

COURSE INFO + FAQs



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WELCOME TO SANTOSHA



I'M SUNNY, FOUNDER OF SANTOSHA YOGA INSTITUTE. I AM HONOURED YOU HAVE ARRIVED HERE SEEKING AUTHENTIC YOGA AND ARE TAKING A COURAGEOUS STEP TOWARDS ATTAINING THE LIFE YOU DESERVE: A LIFE FILLED WITH PEACE, HAPPINESS AND ABUNDANCE!

"Sunny!!!! I have to thank you so deeply and with so much love for creating such an incredible space for everyone to exist in. I cannot actually put in to words how I feel as I feel it on a much deeper and sensorial level... I feel so much of your love shining through" - Marlo Benjamin, Bali RYT-200 Grad

Do you ever feel, deep down in your soul you haven't yet discovered your true place in the universe? Perhaps there's a voice inside your heart craving a life filled with purpose and meaning... but you lack the time and space to find clarity?

Welcome to Santosha. Where our goal is the same as yours - to transform your life. Whether you desire a fresh perspective, deeper significance, to shift the path you're on or craft a rewarding new career, this could be the start of that change.

Santosha's Certified Yoga Teacher Training is an inspiring journey of learning and self-discovery. This is your chance, perhaps for the first time, to be able to say to yourself "this is exactly where I am supposed to be."

Physically, mentally and spiritually rewarding, Santosha Training certifications are among the most comprehensive yoga teacher trainings in the world.

Thousands of yoga students from around the world have changed their lives forever with Santosha's one-of-a-kind yoga teacher trainings.

You will complete your training with an internationally recognised certification having deepened your self-practice, and gained the confidence and skills to practice and teach.

All you need to do to embark on this incredible transformation is take the first step to join us... we'll help you with all the rest.

ABOUT SANTOSHA



**SANTOSHA HAS BEEN
RUNNING TRAININGS AND
RETREATS SINCE 2007 -
CELEBRATING 15 AMAZING
YEARS OF HELPING OVER
16,000 STUDENTS
TRANSFORM THEIR LIVES
AND STEP INTO THEIR
STRENGTH!**

**Santosha means contentment and gratitude for
all that was, all that is and all that will be.**

Our goal is that all those who join us gain an experience of this - and then share this back into the world through teaching and sharing.

We are happy when our students and graduates are happy - leading joyful and fulfilled lives, sharing their passion, living with integrity and in peace. Our greatest pride is being part of your journey.

Sunny has gathered an incredible team of teachers who have the same passion for sharing the benefits of yoga and have a sincere desire to help others live their best, most fulfilled and openhearted life.

They can't wait to meet you and get started with you on this journey...

YOGA PATHWAY TOWARD ATTAINING YOUR RYT-200, 230, 250, 300 & 500 HR CERTIFICATION

The below PATHWAY allows you considerable flexibility of your entry point towards or attaining what you desire. You do not need to complete 1,2,3 to begin 4. It is not linear in nature from 1-3- you can begin at 4. We have just created a pathway to meet you wherever you are at and join us wherever it fits into your life and heart to allow you can fulfil your dreams!

1. FREE TASTER SESSION ONLINE

3 hours



Join us on a FREE video course: **Yoga Wisdom for Daily Life**. The course comes with 4 easy to watch videos, each with 3 action steps you can use to apply this wisdom to your daily life. Plus 2 bonus guided meditation audios and 4 unique printable posters to remind you how to integrate this wisdom into your life! These hours can count towards your RYT 200 or as continuing education (CE) RYT hours. <https://santoshayogainstitute.edu.au/yoga-wisdom-for-daily-life/>

2. LITE IMMERSION COURSE ONLINE

8 hours



This course is the perfect course to dip your toes in for those who want to know more about yoga but are not sure they are ready for the full Yoga Teacher Training experience. You gain a certificate on completion and the 8 hours count as part of your RYT200 Hours.

<https://santoshayogainstitute.edu.au/online-yoga-training/ytt-lite-online/>

3. COMPLETE ANY CERTIFIED 30/50/100 HOUR COURSE - ONLINE OR IN PERSON

Graduate from the short course you undertook in person or online. If you then decide to continue to the full 200 RYT, these hours from all your short courses will be added to your total training hours accordingly.



Just want to start with a shorter course in your area of Interest? If you just want to begin gently or add to your professional offerings you can pick any 30/50/100 course. You can complete these online or in person and gain your certificates on completion!

4. CERTIFIED RYT-200 HOUR ONLINE OR IN PERSON

Like yoga, our Yoga Teacher Training Courses - whether online or in person- go far beyond the physical - providing you with powerful yogic practices and deeply transformational teachings to change your life - and the lives of others.

If you are looking for a deeply connected and supported experience of profound transformation rather than just another yoga training - this is the course for you.



Join us in Bali for the RYT-200 Yoga Teacher Training! The cost of the online Lite Immersion Course comes off the price of the RYT-200 course!

Uniquely flexible to suite your life circumstances- join us for 1,2 or 3 weeks! Complete the entire course with us in Bali or complete the rest of your studies online!

<https://santoshayogainstitute.edu.au/yoga-teacher-training/200-hour-ytt-bali/>

ADDITIONAL FREE TRAINING INCLUDED!



FREE 30 or 50 Hour online training course to add to your marketable teaching skills at no extra cost! Choose from **Yin Yoga, Meditation, Pre + Post Natal Yoga or Kids + Teens Yoga Teaching**. These additional hours mean you are already on your way to specialising.

GRADUATE RYT 230/250HRS



PROFESSIONAL TRACK & OTHER OPTIONS

GRADUATED RYT ONLINE 230/250HRS AND WANT TO DEEPEN YOUR KNOWLEDGE & SKILLS? ATTEND ANY IN PERSON RYT 200!



If you have graduated online but you still crave the 'in-person' Santosha experience- you can join at any time during the RYT 200 that you choose! Create your own retreat experience and complete the classes that will benefit you! Your student liaison officer will help you create the perfect learning path! Again you only need to pay the difference between Online and In-person!

OPTIONAL UPGRADE TO IN PERSON TRAINING



Wherever you're at with your online studies- you can upgrade to an in-person training with us on a 200hr anywhere in the world! You only pay the difference between the online and the In person training you choose. Uniquely flexible- join us for 1,2 or 3 weeks! Build your RYT hours



Graduate RYT 230/250+

CONTINUING EDUCATION/UPGRADING



Complete any other 30/50/100 hour RYT with us + build your RYT hours. Graduate accordingly to reflect the hours completed.



Graduate RYT 300 +

COMPLETE YOUR 300 HR



Join our 6 week mentoring programme after your RYT 200 - the cost of this course goes towards your 300hr if you decide to continue on this pathway.



Graduate RYT 500+

Either choices below do not need to be completed in succession / nor mentoring before the 300.

Complete our in person or online 500 hour YTT. As a Santosha Graduate your hours would reflect what you have completed!

GO DEEP INTO THE HEART OF YOGA



GAVE ME A GREATER HOLISTIC UNDERSTANDING OF YOGA THAN I EVER EXPECTED

"It was sincerely one of the best months of my life. I gained so much more personally out of the experience than I thought was possible and I will be forever grateful for that.

The course content was extremely interesting and gave me a greater holistic understanding of Yoga than I ever expected. I am now at a point where I am super keen to continue my yoga learning journey and dedicated to a daily practice which was one of my goals when I signed up for the course.

I don't think I need to tell you how amazing the teachers are...They compliment each other extraordinarily well and are an absolute delight to be around. Their energy is infectious and talents to be admired. They made the experience extremely enjoyable and I have a special place in my heart for them."

Katie Burns, Victoria, Australia

ALL ABOUT OUR RYT-200 COURSE

OUR REVOLUTIONARY + HOLISTIC YOGA TRAINING TEACHES YOU SO MUCH MORE THAN JUST THE POSTURES

Take your practice – and your life – to new levels! Santosha will revolutionise your understanding of yoga, giving you the skills to share your passion for yoga on our world renowned Bali 200 Hour Yoga Teacher Training. Experience a supported yoga journey like none other, enabling you to experience true transformation, healing & growth. This course has been created from the depth, integrity and love of our 15 years of experience in teaching new yoga teachers. Our passion is to offer a course unlike any other that encompasses the truth of Yoga and a deep rich curriculum.

YOGA ALLIANCE CERTIFIED

We have reconfigured and further enriched our Level 1 200-hour program – qualify to teach in gyms and studios worldwide with Yoga Alliance as an RYT-200 Qualified Yoga Teacher upon graduation from your studies in Bali.

EXPERIENCE SURF, SUN AND SPIRITUALITY IN BEAUTIFUL BALI

A Yoga Teacher Training is one of the most incredible adventures you will have... so we ensure that you dive into this adventure in one of the most beautiful places on earth! Join us on our Island paradise – Nusa Lembongan, in Bali Indonesia – for the ultimate rejuvenating and fun Yoga holiday experience. With incredible surf, mystical sunsets, relaxed tropical vibes, Balinese spirituality and beaches galore; this is a once-in-a-lifetime opportunity to live on an unspoiled tropical island, in community with like-minded soul seekers.

START YOUR STUDIES RIGHT AWAY

Begin your studies straight away, with immediate access to our user-friendly learning platforms where you'll begin to discover your comprehensive online course video modules, posture labs, in-depth teaching sessions and asana, pranayama and meditation classes to evolve your practice.

COMPREHENSIVE CONTENT AND REVOLUTIONARY NEW MODULES

Gain a solid foundation for teaching and truly unique skills and wisdom to share. When you get home you will still have life-time access to our online Yoga teacher training video modules to refresh your knowledge throughout your Yoga teaching journey. We want your Bali YTT to have the most impact it can! So we've packed our Bali Yoga course with workshops to take your teaching skills to the next level – along with experiential modules to make this a training experience unlike any other.

ADDITIONAL FREE YOGA TEACHER TRAINING INCLUDED

Gain a free 30 or 50 Hour online training to add to your marketable teaching skills. Choose from a short course in Yin Yoga, Meditation, Pre + Post Natal Yoga or Kids + Teens. We want you to succeed and find your specialised path – this also allows you to be even more qualified for your offering to humanity! You can start your next course straight away or whenever you're ready.

PASSIONATE AND KNOWLEDGABLE MASTER TEACHERS

Benefit from the specialised skills of our team of highly trained, passionate and experienced master Yoga Teachers. At Santosha you gain access to profound teachings passed down through the Krishnamacharya lineage and learn a healing approach to Yoga designed to create true wellbeing. Build a strong foundation – so you know your practice and teaching is safe, effective and authentic.

LOVE AND SUPPORT AT EVERY STEP

Our caring, knowledgeable teachers will take your understanding of yoga and self to new levels. Gain so much more than a teaching certification! We work with you to uncover blocks and find expansion in a fully supported environment. Find the tools you need to live a joyful and fulfilled life, share life-changing experiences and form bonds with a loving and open-hearted group of yogis that last a lifetime. You will leave with new friends – and the confidence, skills and certification to really teach yoga anywhere in the world.

DEEP TRANSFORMATION

Like Yoga itself, this Yoga course goes far beyond the physical – providing you with powerful Yoga practices and deeply impactful transformational teachings. Looking for 'not just another Yoga training' but a deeply connected physically, mentally and spiritually rewarding Yoga journey? This is the Yoga course for you!

FREEDOM AND FLEXIBILITY

Unlike other trainings we do not lock you into costly resort accommodation. You can make your own choice for complete freedom to create the experience best suited to you! We also offer an Inclusive Accommodation Package option for those who want us to organise their accommodation for them. This makes it so easy to plan your stay – so you can relax and enjoy the best Nusa Lembongan has to offer with ease!

FULL FLEXIBILITY

WE OFFER FULL FLEXIBILITY TO MEET WHATEVER ARISES

100% RISK FREE GUARANTEE

We offer full flexibility for all our Bali Yoga Teacher Trainings. If you are unable to attend our Bali course due to pandemic-related border or event restrictions – or for any other reason – we offer you our Risk-Free Guarantee. We will refund all payments, minus your non-refundable \$499 AUD deposit which can be applied to any other Yoga Teacher Training course (online or in-person) at a later date – or you can easily transfer your booking to a future Bali course.

UNIQUELY FLEXIBLE OPTONS TO MEET YOUR LIFE CIRCUMSTANCES

We have listened to your needs in the current world! If your circumstances or other commitments mean that you're not able to join for the full 200hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, or three weeks! If you have already graduated from your Online RYT200/230/250+ course you can also upgrade to any 'in-person' course in Bali and join for however long you choose! Enjoy a beautiful retreat experience in paradise whilst deepening your practice and enriching your knowledge alongside your fellow yogis and teachers. Now that's amazing!!

FLEXIBLE SELF PACED HOME STUDY

Our course is highly accessible and built to support all lifestyles and situations – we support you fully to fit your studies alongside your work and family commitments. We've designed the course so you don't need to take time off work, your uni studies or your family! We will assist you to find the study pace to suit your situation and still fulfil your Yoga Teaching dreams. We want to help you make the most of this opportunity to fulfil your goal of becoming a certified yoga teacher.

If anything arises prior to or during the course which prevents you from completing your studies in Bali you have the option to continue and complete your studies online when you return home. Alternatively, you can postpone and complete the rest of your studies when you are able to return to Bali at a future date or resume your studies with us at any of our other locations!

FULL FLEXIBILITY TO CHANGE YOUR COURSE DATES OR LOCATION

We are excited as you are to be able to travel again and practice together. If for whatever reason you decide to alter your plans– you have the freedom to change your course length, dates or location. We will create a bespoke course package for you which means you may choose the option of completing part of your training in Bali and the rest in Byron Bay, Sri Lanka or online! With complete flexibility to set your timing, location and pace through the course.

LEARN THE TRUE ESSENCE OF YOGA



I HAVE EXPERIENCED THE TRUE ESSENCE OF WHAT YOGA IS

"Undoubtedly the most enlightening and profound yoga experiences that I have ever had. This programme gave me the opportunity to learn from a range of incredibly insightful teachers and philosophers whose beauty and knowledge were shared in abundance. The teachers on this programme have the ability to have you live and feel yoga from moment to moment. Inside of that process, you can't help but look inward to see who you want to be as a teacher of yoga and how that impacts other people.

The breadth and depth of this programme offers far more than I could have ever expected. Not only did it expose me to the deeper philosophy of yoga and have me question who I was as a practitioner of yoga thus far, but it immersed me in its essence, the essence of yoga. And that's what this course is. I found I experienced the true essence of what yoga is and as a result my seeing, my feeling, my spirit has changed. It's in my 'being' and for that I will always be grateful."

- Dionne Braham, UK

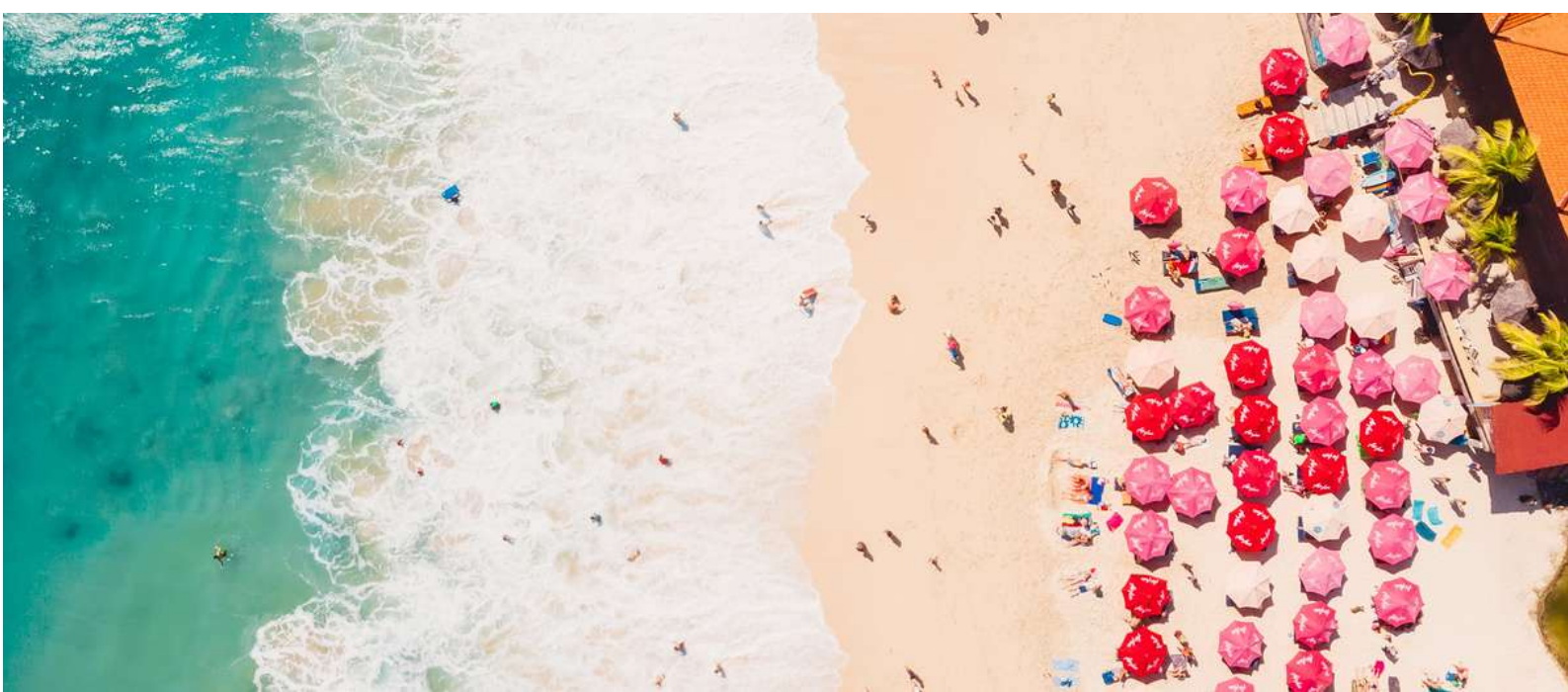
OUR BALI TROPICAL ISLAND HOME

TAKE AN INCREDIBLE YOGA JOURNEY IN NUSA LEMBONGAN



OUR BALI TROPICAL ISLAND HOME

TAKE AN INCREDIBLE YOGA JOURNEY IN NUSA LEMBONGAN



Immerse yourself in our amazing beachfront Yoga Hub on tropical island Nusa Lembongan. The world-famous surf breaks, sparkling clear turquoise seas, quiet unspoilt white sand beaches and incredible food and culture make this the heavenly tropical island paradise of your dreams.

Experience life on an unspoilt island and relax into the calm pace of Lembongan living, completely at peace and in tune with nature. A less crowded vibe also means that compared to other locations in Bali a yoga getaway here is inexpensive and simple.

For ocean lovers the island offers so much – world-class diving/ snorkelling, free-diving, excellent surf breaks and SUP yoga in crystal clear waters and beautiful beaches – or just soak up the famous sunsets from a cosy bean bag.

CREATE THE BALI EXPERIENCE OF YOUR DREAMS

At Santosha we give you the freedom to make the all-important accommodation choice for your amazing Bali experience. This means you can create a bespoke Bali experience, tailored to your own budget, needs and desires – or let us do the organising for you, with our **Inclusive Accommodation Packages**. See our comprehensive **Bali Travel + Accommodation Guide** to help plan your stay with simplicity and ease.

FREEDOM + FLEXIBILITY

CREATE THE BALI EXPERIENCE OF YOUR DREAMS!



Inclusive Accommodation Packages

Let us do the work for you, with our Inclusive Accommodation Packages at Santosha@PuriNusa. Select our 'Inclusive Package' option when booking your course, and book an inclusive Yoga Teacher Training + Accommodation package - to stay in community with your new yoga friends, close to our shala at Santosha@PuriNusa. This makes it simple to plan your stay - so you can relax and enjoy the best Nusa Lembongan has to offer with ease!

Just two minutes walk up the beach from our shala, Santosha@PuriNusa boasts a pool with ocean views, lush grounds, cafe, wifi and clean, cosy rooms. You will have the option of shared twin rooms with another student - or a private oasis just to yourself. This family-run guesthouse will be your home away from home!

Choose Your Own Accommodation

At Santosha we also give you the complete freedom to make the accommodation choice to best suit your needs. We don't lock you into costly resort stays or shared facilities, but let you make the important decision of where to stay for your incredible Bali experience, completely tailored to your own desires.

Traveling with family? We offer suggestions for villas and hotels suitable for stays with kids and partners. Communication and booking are easy with the details we provide in the guide, meaning that creating the Bali stay of your dreams is both simple and fun!

ACCOMMODATION & TRAVEL GUIDE

OUR COMPREHENSIVE GUIDE PROVIDES ALL THE INFO YOU NEED TO EASILY + QUICKLY PLAN YOUR STAY



For those that want to choose their own accommodation, we provide a comprehensive Bali Travel + Accommodation Guide packed with options to plan your stay with ease. Choose from luxury beach huts, guesthouses, budget-friendly hotels and bungalows - we offer plenty of suggestions for you to create an unforgettable stay in paradise.

Want to splash out on the 'resort' experience? There are stunning options with quality amenities, allowing you the luxurious retreat you've always dreamed of! Or for those at the other end of the spectrum, select a great value option that fits with a backpacker's budget, starting from \$18 AUD/ \$12 USD per night.

We also offer an Inclusive Accommodation Package for those who want us to organise their stay. This means you can stay in community with your new yoga friends close to our shala - at Santosha@PuriNusa - and let us do the work of booking for you!

Our **Bali Travel + Accommodation Guide** is packed with suggestions so you can easily plan your stay on the island, as well as information on our Inclusive Accommodation Package deals. The **Bali Travel + Accommodation Guide** also provides guidance on how to easily travel straight from the airport or from your accommodation in Bali to our beautiful island home of Nusa Lembongan. You will be able to book the fast 40 min ferry and taxi pick-up package in one easy transaction.

SANTOSHA@PURINUSA

LET US ORGANISE YOUR BOOKING WITH OUR INCLUSIVE ACCOMMODATION PACKAGE AND EXPERIENCE THE COMMUNAL VIBES OF SANTOSHA@PURINUSA



BOOK AN INCLUSIVE YOGA TEACHER TRAINING + ACCOMMODATION PACKAGE AND STAY IN COMMUNITY WITH YOUR NEW YOGA FRIENDS - AT SANTOSHA@PURINUSA!

Just two minutes walk up the beach from our shala, our guesthouse boasts a pool with ocean views, lush grounds, beach-side cafe, wifi and clean, cosy rooms. You have the option of a shared twin room or private oasis just to yourself.

We are so excited to be able to share this beautiful place with you and to create even more of a special experience together on the island.

See our **Bali Travel + Accommodation Guide** for more information and costs.

CHOOSE YOUR OWN STAY

EXPERIENCE COMPLETE FREEDOM TO CHOOSE THE ACCOMMODATION TO BEST SUIT YOUR NEEDS, WITH OUR CHOOSE YOUR OWN OPTION.



BOOK YOUR YOGA TEACHER TRAINING ONLY - AND SELECT YOUR OWN STAY FROM THE OPTIONS IN THIS GUIDE, OR FROM SITES SUCH AS AIRBNB OR BOOKING.COM

There is no shortage of amazing accommodation options in the area! You can choose your own accommodation in Nusa Lembongan from the options in this Guide - or sites such as [booking.com](https://www.booking.com) or [airbnb](https://www.airbnb.com).

Make sure to book accommodation **within at least 10 minutes walk** of Santosha Yoga Village (preferably five!) for an easy time on the island!

See our **Bali Travel + Accommodation Guide** for more information and costs.

LIVE & LEARN IN A TROPICAL PARADISE



THERE IS SOMETHING SPECIAL ABOUT TAKING YOURSELF AWAY FROM YOUR REGULAR WORLD

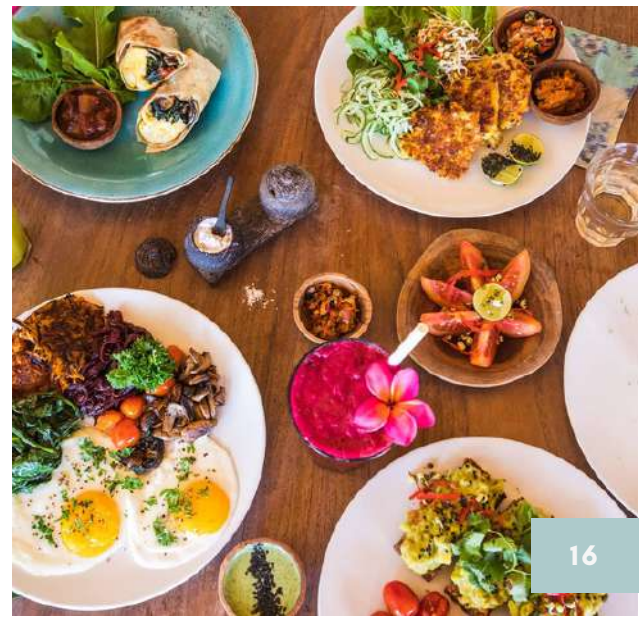
"There is truly nothing like it, and it allows you to completely surrender to the teaching when you open your heart to it. From the moment I stepped foot in the Shala I knew that I was in exactly the place I was to be in that moment.

Being surrounded by people that are on journeys themselves causes you to become close with them very quickly. I was so honoured to share this journey with them, and so happy that I chose to do it at Santosha. This was the best place to be, for so many reasons"

- Michelle Boyd, Canada

ONSITE CAFE - GINGER + JAMU

EAT, DRINK AND CHILL IN OUR COMMUNITY CAFE



ONSITE COMMUNITY

CHILL OUT BETWEEN CLASSES IN OUR BEAUTIFUL BEACHFRONT CAFE FOR NOURISHING FOOD, DRINKS AND COMMUNITY VIBES



Ginger + Jamu ensures not only your mind and heart will be nourished with enriching goodness during your Nusa Lembongan Yoga Teacher Training – so will your belly!

Created from a love of yoga, healthy eating, island living and good vibes; we have put heart, soul, hard work and dreaming into creating this little piece of heaven on the beautiful island of Nusa Lembongan. Ginger + Jamu is not just a cafe, we are a community and an experience, from our heart to yours!

Our café serves a selection of healthy, hearty meals, all created with the most important of ingredients... love! Join us for breakfast, lunch or dinner – or to watch the sunset with a cool drink and a smile on your face.

GREATEST EATERY IN LEMBONGAN

“The shala is very conveniently placed above the greatest eatery in Lembongan – Ginger and Jamu. Everything about this place is pure joy and the incredible food is so lovingly prepared and served by the most beautiful people I have ever met!! Prepare to laugh and smile a LOT and have your tastebuds blown away” – Bex C



FOOD MADE WITH LOVE, TO FEED AND NOURISH BODY AND SOUL

Where fresh, ingredients, chilled vibes and innovative ideas meet: we dedicate ourselves to serving only the freshest, highest quality and most ethically-sourced ingredients available locally. We are committed to operating in a way that prioritises freshness and naturalness for the benefit of you and our sweet Earth. Our chef is a yogi and expert in nutrition – he knows exactly what our bodies need to keep them healthy, happy and radiant.

CATERING TO ALL YOUR DIETARY NEEDS

We know your food restrictions don't go on holiday just because you do. Vegetarian, vegan and gluten-free students will love the care and attention lavished on creating a huge variety of meals to suit all dietary needs.

MEAL PACKAGES AVAILABLE

You have the option to choose weekly meal packages at Ginger + Jamu during your course with lots of flexible options. More details provided on the meals package available in our **Bali Travel + Accommodation Guide**.

THE PERFECT PLACE



NUSA LEMBONGAN IS THE PERFECT PLACE TO DO THE YTT

"I always called the island my 'yoga bubble' as it is far away from the hectic main island Bali and the many tourists, the locals are super chilled and friendly and you find amazing places to eat healthy, do yoga and go for a surf. Not to mention the amazingly stunning beaches and the crystal clear water.

Be prepared for the most intense four weeks of your life that will change you for sure! It is a lifetime experience that I would not want to miss for my life!"

- Annick Eichinge, Germany

APPROX TRAINING COSTS IN \$AUD

THESE ARE APPROXIMATE SPENDS BASED ON THREE DIFFERENT BUDGETS.

Course + Accom + Food = Total Spend*

2,970

Earlybird Inclusive -
Shared Twin – Shared Room

210

Budget Spend

3,180
AUD

Bargain Hunter

3,220

Earlybird Inclusive -
Garden View – Private Room

350

Average Spend

3,570
AUD

Average

3,430

Earlybird Inclusive -
Ocean View – Private Room

600

Fancy Food Fan

4,030
AUD

Luxury Lover

+ Extra Costs

38

Return Boat + Taxi Trip
Door-to-door
Airport > Hotel **

25

Snorkel with
Manta Rays

30

Surf Hire
plus Lesson

10

Massage

40

Day Trip to
Nusa Penida

* Total Based on Earlybird Inclusive Training Package

** When booked using Santoshayoga discount code on D'Camel ferries - this includes all transfers.
Approximate only in AUD

APPROX TRAINING COSTS IN \$USD

THESE ARE APPROXIMATE SPENDS BASED ON THREE DIFFERENT BUDGETS.

Course	+	Accom	+	Food	=	Total Spend*
1,985				140		2,125 USD
Earlybird Inclusive - Shared Twin – Shared Room				Budget Spend		Bargain Hunter
2,160				235		2,395 USD
Earlybird Inclusive - Garden View – Private Room				Average Spend		Average
2,298				400		2,698 USD
Earlybird Inclusive - Ocean View – Private Room				Fancy Food Fan		Luxury Lover

+ Extra Costs

25	17	21	7	27
Return Boat + Taxi Trip Door-to-door Airport > Hotel**	Snorkel with Manta Rays	Surf Hire plus Lesson	Massage	Day Trip to Nusa Penida

* Total Based on Earlybird Inclusive Training Package

** When booked using Santoshayoga discount code on D'Camel ferries - this includes all transfers.
Approximate only in USD:

To view the most recent conversion to your currency visit: <https://www.xe.com/currencyconverter/>

CONQUER YOUR DOUBTS & FEARS



DON'T BE SCARED, DON'T UNDERESTIMATE YOURSELF. JUST COME PREPARED FOR A TRANSFORMATION

"At first, yoga seemed so out of my reach. For people living with persistent pain like myself, getting out of bed is tough. Becoming a yoga instructor seemed laughable. In my head, I was so intimidated. But my heart told me otherwise.

Coming to Santosha has changed my life. I walked away with the same heart and a completely different body... I am free from the pain I have been experiencing for years. You will never be forced to do anything that you feel uncomfortable with. You won't be told "push through it" or any of that nonsense.

I walked away from the YTT not only at peace with my body, but LOVING my body. Don't be scared, don't underestimate yourself. Just come prepared for a transformation."

Mallory Gross, USA

ABOUT OUR AMAZING UNIQUELY FLEXIBLE RYT-200

HOW IS OUR LEVEL 1 BALI YTT 200 HOUR COURSE DELIVERED?

CERTIFY TO TEACH YOGA ON OUR 20 DAY IN-PERSON BALI RYT-200 COURSE

Join us in Bali for an incredible live Yoga training experience! Be guided by our Master Teachers with years of experience in delivering these ancient teachings. This is a Yoga teacher expansion - where you will gain the foundational skills to teach Yoga, take your Yoga practice deeper and enhance your Yoga teaching skills with plenty of practice teaching others. Further develop and differentiate your Yoga teaching CV with specialised knowledge to enhance your wisdom and value as a Yoga teacher - including Trauma Sensitive Teaching, Yoga for Mental Wellbeing and Ayurveda.

ACCESS ADDITIONAL RYT-200 ONLINE CONTENT (OPTIONAL)

Study partly online, consolidate and refresh your knowledge after or before your in-person course - you will be given full access to our comprehensive online RYT-200 video modules and slides created by our team of Master Teachers through our easy-to-use learning portal. Retain life-long access to the online yoga teacher training content; meaning it is there for you to refer to at every stage of your teaching journey. This is an optional part of your Bali RYT-200 Yoga Teacher Training.

ATTEND ONLINE LIVE CLASSES PRIOR TO YOUR IN PERSON OR AFTER (OPTIONAL)

You are also invited to attend any of the incredible Live classes taught by our Master Teachers which are being offered each week via Zoom - or watch the recordings when they are posted in your virtual Classroom. This is an optional part of your Bali RYT-200 Yoga Teacher Training experience.

UNIQUELY FLEXIBLE OPTIONS TO MEET YOUR LIFE CIRCUMSTANCES

If your circumstances or other commitments mean that you're not able to join for the full 200hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, three weeks- complete the rest of your studies online! If you have already graduated from your Online RYT200/230/250 + course you can also upgrade to any 'in-person' course in Bali and join for however long you choose!

FREE 30 / 50 HR SHORT COURSE

UPSKILL AND ADD TO YOUR YOGA TEACHING CV



YOUR CHOICE OF FREE SHORT ONLINE YOGA TEACHER TRAINING



YIN YOGA ONLINE 50 HOUR TRAINING

Slow down, tune in, wake up. Discover the softer side of Yoga on our 50 Hour Online Yin Yoga Teacher Training.
<https://santoshayogainstitute.edu.au/online-yoga-training/yin-yoga/>



PRE + POST NATAL YOGA 50 HOUR TRAINING

Teach Mothers on their journey to birth and beyond with our nurturing and empowering Pre + Post Natal 50 Hour Yoga Training.
<https://santoshayogainstitute.edu.au/online-yoga-training/pre-post-natal-yoga/>



MEDITATION 50 HOUR TRAINING

Deepen your knowledge of teaching and sharing Meditation on our authentic and embodied Online Meditation Training.
<https://santoshayogainstitute.edu.au/online-yoga-training/meditation/>

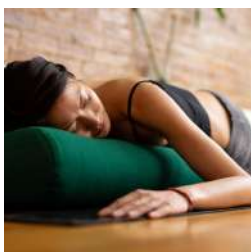


KIDS + TEENS YOGA 30 HOUR TRAINING

Teach the next generation Yoga, Meditation and mindfulness with our Online Children's + Teen's Yoga Teacher Training.
<https://santoshayogainstitute.edu.au/online-yoga-training/childrens-teens-yoga/>

YOUR BONUS SHORT COURSE

BEGIN TO SPECIALISE AS YOU GAIN HIGHLY SOUGHT AFTER YOGA TEACHING SKILLS WITH ONE OF OUR POPULAR YOGA ALLIANCE YACEP ONLINE YOGA TRAININGS. START THIS COURSE STRAIGHT AWAY OR WHEN THE TIMING SUITS YOU WITH LIFE-TIME ACCESS.



YIN YOGA - 50 HOURS

Learn how to teach Yin Yoga appropriately and explore experientially how Yin Yoga works on deep levels to still the mind and balance the emotional body. This course equips you to add elements of Yin Yoga to the cool down of your class – or to teach complete Yin Yoga classes, retreats & workshops. Yin has its own unique intentions which you will learn.



MEDITATION - 50 HOURS

Learn the science behind mediation and how to overcome common obstacles to establishing a regular practice. Delve into yoga philosophy and how it applies to meditation practices. Enjoy 14 guided meditation videos to practice and teach using the scripts provided for each. This course unpacks how to pass on your knowledge to others consciously and safely.



PRE + POST NATAL YOGA - 50 HOURS

The skills developed in this course will assist all Yoga Teachers to refine their teaching to accommodate pregnant women or new mothers in generalist Yoga classes and in specialist classes and workshop, adding greatly to your Yoga Teaching toolkit. There is a great demand for specialist Pre and Postnatal Teachers as this areas grow in popularity by the day as more women realize the value of yoga practices during this time.



KIDS + TEENS YOGA - 30 HOURS

Supporting the next generation to take their place in our world as confident, calm and resilient beings is a privilege, a joy and a much-needed service. There is a great demand for specialist Children's Yoga Teachers as this area grows in popularity by the day. The skills developed in this course will assist all Yoga Teachers to refine their teaching to teach to Children and Teens in specialized yoga classes, workshops and courses.

AUTHENTIC YOGIC PATH-WE HAVE THE TEACHERS BEHIND THE TEACHERS

AT SANTOSHA WE DO NOT JUST TEACH ANOTHER STYLE OF YOGA - WE TEACH AN AUTHENTIC YOGA LINEAGE WITH ROOTS IN ANCIENT INDIA.



"I HAVE EXPERIENCED THE TRUE ESSENCE OF WHAT YOGA IS" - DIONNE BRAHAM, UK

Our Yoga Teacher Trainings embrace an authentic and holistic approach to the path of yoga. Combining the wisdom of traditional Yoga with contemporary scientific understandings of the body - igniting a process of genuine transformation within you.

All our teachings have been passed down through the Sri T Krishnamacharya lineage, building a strong and authentic foundation for your teaching and practice. This legitimate source ensures what you teach is safe and effective. You know what you are sharing is the real deal - based on authentic wisdom built upon by Yogis for thousands of years!

This is more than a physical practice - this is a spiritual and emotional journey back to the self and a connection with your true essence.

"In the practice of Yoga one can emphasise the body, the mind or the self and hence the effort can never be fruitless." - Sri T Krishnamacharya

QUALIFY TO TEACH- INTERNATIONALLY CERTIFIED

SANTOSHA WILL PROVIDE ALL YOU NEED TO BE CERTIFIED WITH YOGA ALLIANCE AND CONFIDENTLY TEACH ANYWHERE IN THE WORLD!



"I AM NOW A QUALIFIED YOGA TEACHER WITH THE CONFIDENCE TO TEACH FROM A DEPTH OF KNOWLEDGE" - JESSICA BENDALL, AUS

With Santosha's training you will be ready to teach your unique style of yoga straight away once you graduate, using the skills, practice, knowledge and confidence you have gained to sequence and lead classes with ease.

You will learn to practice and teach Hatha Yoga postures connected in flowing vinyasa sequences that can be made accessible to all levels. Learn the anatomy and foundations of these postures, forming a solid basis for safe teaching that enable you to build upon your unique style of teaching. We cover safe alignment in yoga postures through in-depth workshops and posture clinics, and you will have ample opportunity to learn directly from our Yoga masters, ask questions and practice your teaching skills.

The goal of yoga is intelligent, safe and therapeutic sequencing. We teach you how to sequence appropriately for any student that walks into your class, no matter the flexibility, age or physical limitation. Gain a deep understanding of the traditional intention of each posture, along with the knowledge of how to develop and apply the breath appropriately as you sequence cohesive classes for your students.

UNIQUELY FLEXIBLE

WE HAVE DESIGNED THIS TRAINING SO NO MATTER HOW BUSY YOUR LIFE IS - YOU CAN STILL FULFILL YOUR DREAM OF STUDYING WITH SANTOSHA IN BALI



"THE COMMUNITY OF TEACHERS, ADMINISTRATORS, AND STUDENTS WAS SO HELPFUL AND ENCOURAGING" - ELIZA SANTAMARIA, SOUTH AFRICA

We fully support you to fit your Yoga Teacher Training alongside your work and family commitments. We have built our training to support all situations – so everyone is able to fit their study alongside their daily life. Join us in person for as long as your life circumstances allow, join us live online, or watch the recorded sessions at your own convenience.

We've designed this course so you don't need to take time off work – nor feel as though you miss out on quality time with your family or friends – meaning you can make the most of this special opportunity to reach your goal of becoming a certified RYT-200hr Yoga Teacher. You take as long as YOU need to complete your studies.

If your circumstances or other commitments mean that you're not able to join for the full 200hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, or three weeks – then complete the rest of your studies online!

Study partly online, consolidate and refresh your knowledge after or before your in-person course. Retain life-long access to the online yoga teacher training content; meaning it is there for you to refer to at every stage of your teaching journey.

EXPERIENCE GROWTH & HEALING



SO MUCH POSITIVE GROWTH AND TRANSFORMATION ON A PHYSICAL, EMOTIONAL, MENTAL AND SPIRITUAL LEVEL

"What you've created here is beautiful...I am experiencing so much positive growth and transformation on a physical, emotional, mental and spiritual level... My heart is radiating love and I'm so grateful for this experience. I'm exactly where I'm supposed to be and I'm so proud of myself for trusting my intuition about Santosha.

This place feels like home, both Lembongan and Santosha, and it feels as though this is the start of a life-long love affair... As a surfer I'm loving being able to surf where possible, as a fellow surfer I'm sure you can relate. Whilst at times it can be a challenge to see those perfect rights at Shipwrecks rolling through from the shala, this wave is probably my greatest teacher. It's a reminder to honour my choices and intentions for undertaking this course and be present, and I'm getting so much joy from this process."

- Greg Heath, Australia

WONDERFUL AND SUPPORTIVE TEACHERS AND STAFF

SANTOSHA OFFERS A LIFETIME OF LOVE, MENTORING AND SUPPORT
THROUGH YOUR JOURNEY



***"THE COMMUNITY OF TEACHERS, ADMINISTRATORS, AND STUDENTS WAS SO
HELPFUL AND ENCOURAGING" - ELIZA SANTAMARIA, SOUTH AFRICA***

Sunny has gathered an incredible team of teachers and support staff, who share her passion for sharing the benefits of yoga and a sincere desire to help others live their best, most fulfilled and openhearted life.

Our team of yoga professionals are without a doubt among the most experienced and qualified in the world. They boast extremely diverse backgrounds and all share one common passion: helping others achieve balance in their lives by finding inner peace and contentment so that they may see true beauty in the every day, appreciate all life has to offer and live life to the fullest.

Our Bali team live and breathe yoga, and have devoted themselves to guiding and supporting our students during their time with us in Nusa Lembongan. They are so looking forward to meeting you and walking alongside you n this journey.

BE PART OF A WORLDWIDE COMMUNITY AT EVERY STEP

OUR SANTOSHA TRAININGS ARE SO MUCH MORE THEN 'JUST' A YOGA TEACHER TRAINING - THEY ARE A DEEP YOGA EXPERIENCE, FILLED WITH LOVE!



"I AM SO GLAD I WAS ABLE TO BE PART OF THIS AMAZING COMMUNITY. LESSONS ENRICHED WITH THE LOVE OF SHARING AND CONNECTING." - GABRIELA MOYANO

In the 15 + years we have been running teacher trainings our greatest joy has been seeing the connections and community that evolve during this beautiful journey. Share this magical experience as part of a group, creating life-long friendships together.

This is a supported Yoga Teacher Training, with founder Sunny and her incredible team of experienced master teachers and mentors journeying alongside you, supporting you at every step along the way, as you learn and grow together on the path.

Our caring, knowledgeable teachers will take your understanding of yoga and self to new levels and help you with whatever arises during your transformational journey through this course. You will leave with new friends - and the confidence, skills and RYT-200 teaching certification to teach yoga anywhere in the world.

LET'S BE HONEST LIFE CAN BE CHALLENGING - WE ARE HERE FOR YOU

ALONGSIDE OUR SUPPORTIVE BALI TEAM SANTOSHA INCORPORATES PROFESSIONALS FOR ALL LEVELS OF SUPPORT THAT IS NEEDED



"SANTOSHA HAS MADE ME REALIZE THE EXCEPTIONAL, STRONG, INTELLIGENT WOMAN THAT I AM. I COULD HAVE ASKED FOR NO GREATER GIFT." - SARAH HELT, USA

Alongside our caring team of Master Teachers who work to ensure you feel held in a supportive and accepting environment during your time with Santosha, we also draw upon a worldwide team of additional mental health professionals and counsellors, who can support you with anything that may arise along your path.

Our spiritual counsellor and trained Psychologist Hamid Ebadi has helped many of our students over the years with his wise and grounding wisdom and ability to hold space in challenging times. We also can connect you with Matthew Worthington, a Clinical Psychologist with extensive training in trauma.

Santosha cares deeply about your mental and physical safety, and our trainings are grounded in stability to ensure you will be held and safe during your time with us.

TRANSFORMATION AND PERSONAL GROWTH

JOURNEY TO THE HEART OF YOGA AND FIND WISDOM THAT CREATES DEEP AND LASTING CHANGE IN EVERY ASPECT OF YOUR LIFE



"SUCH A BLESSING TO WITNESS SOME SERIOUSLY INCREDIBLE TRANSFORMATIONS."
- MARLO BENJAMIN, AUSTRALIA

We go to the heart of yoga - not just learning the postures but accessing the deeper wisdom of the Yoga Sutras. Explore the life-changing teachings of Yoga Philosophy, to create true and long-lasting transformation in your life, habits and relationships.

Experience authentic yoga practices and gain knowledge to promote radiant wellbeing in mind, body and spirit. Practice meditation techniques, Yoga Nidra, and down-to-earth yet transformational wisdom in our Yoga Philosophy classes that can be applied to inspire your unique yoga offering and everyday life.

Students find these aspects the most enriching parts of the course, as they ignite a process of genuine and deep inner reflection and transformation. The lessons you learn here will resonate long after your time on the course is complete.

EXPERIENCE A LIFE-CHANGING JOURNEY



THE MONTH WAS ABSOLUTELY LIFE CHANGING AND 100% THE MOST CATHARTIC EXPERIENCE OF MY LIFE

"I could have never imagined it to be so captivating and transformative. I felt like each aspect of the day was so well rounded and for the first time in my life.. assessments and lectures were an enjoyable experience.

You have built a beautiful community in Nusa Lembongan and it truly felt like home. I met some beautiful lifelong friends that I still keep in contact with.

One of the most extraordinary and significant parts of this experience were the teachers, the content they taught and how they made me feel.

I think you are so incredibly lucky to have a team of such dedicated, driven, extraordinary teachers and I feel so privileged to have learned from the absolute best.

I could not recommend Santosha enough. Thank you for creating something that changed my life."

- Kristie Clemensen, Australia

COURSE STRUCTURE: 200 HRS

YOUR AMAZING REVOLUTIONARY COURSE CLASSES - LIVE ONLINE AND IN-PERSON IN BALI. AS SOON AS YOU HAVE SIGNED UP YOU CAN ATTEND AND EXPERIENCE ONLINE LIVE CLASSES AND PRACTICES WITH US - OR WATCH THEM AT ANY TIME YOU CHOOSE (OPTIONAL). YOU MAY PREFER TO WAIT UNTIL YOU ARE WITH US IN BALI TO LEARN FROM OUR IN-PERSON CLASSES AND WORKSHOPS:

Online and In-Person classes and workshops include:

- Asana, Pranayama and Meditation classes
- Daily breath and pranayama practices to both experience and teach- Including revolutionary Functional Breath WORK techniques NOT taught in any other Yoga School!
- Developing Your personal Self Practice
- Mentoring and Sharing circles
- Yoga Anatomy
- Yoga Postures
- Posture Clinics and Teaching Workshops
- Yogic Philosophy & Sutras
- Deep Dives into Meditation and Philosophy - Understanding Emotions and patterns of behavior
- Therapeutic Application of Yoga
- Teaching & Sequencing
- Student Teaching Practice
- Teaching workshops on cueing correctly
- Growing your Yoga Business
- Building your Yoga Community
- Yoga Nidra
- Mantra & Kirtan
- Tantra
- Ayurveda
- Yoga for Mental Wellbeing
- Teaching Online Yoga
- Yin Yoga classes
- Pre Natal Yoga - Asana and Principles
- Women's Goddess Workshop
- Trauma Informed Yoga Classes
- Inversion Labs

ONLINE COURSE MODULES

Alongside your classes in Bali you have access to the entire course online: with the option to journey in your own time through the online course modules or use as a reference with lifetime access to pre-recorded videos and downloadable lecture slides.



INTRODUCTION TO THE COURSE

Access your online learning portal immediately upon signing up. Find information on key course readings, an introduction to your teachers and our core principles – including Foundational Principles of Teaching videos, guided meditation and asana classes and download our four amazing signature Santosha RYT-200 training manuals.



ASANA CLASSES

As well as your daily flowing yoga practice in our beautiful beachfront yoga shala in Bali, you can access an additional 20 online classes on the online learning platform – to practice at home before or after the course.



PRANAYAMA + FUNCTIONAL BREATH WORK

You will learn the most crucial Pranayama techniques to practice, experience and teach. As well as how to adjust each practice appropriately for the needs of each individual practitioner. We have added a class on Functional Breathing which has never been taught on any other Yoga Training before! This looks at the biochemical aspects of breathing and why nasal breathing is integral for health, vitality, great sleep and much more.



YOGA POSTURES

Go deeper into understanding how to practice and teach Yoga Postures. Learn how to modify, adjust and ensure the safety of all of your students in every pose for confident and safe teaching skills and practice. Learn to teach Hatha Yoga postures and practices correctly with safe alignment modifications, adjustments and cues – with plenty of opportunities for questions. Once this is mastered move on to sequence cohesive flowing 'vinyasa' Yoga classes to teach in gyms and studios.

ONLINE COURSE MODULES



ANATOMY

Overview of the body, anatomy and the knowledge of the systems needed to be a safe and informed yoga teacher. Fascinating in-depth accessible material shared by our master teacher – highly trained and experienced Physiotherapist & Yoga Therapist Andrea.



YOGA PHILOSOPHY & SUTRAS

Yoga is so much more than physical postures. Yoga philosophy delves deep into the ancient wisdom behind the practice – still as relevant today for a new clarity in your life and creating profound transformation. We go to the heart of yoga – accessing the deeper wisdom of the Yoga Sutras. Explore in-depth the life-changing wisdom of Yoga Philosophy, to create true and long-lasting transformation in your life and relationships.



PRACTICE TEACHING YOGA AND SEQUENCING

Discover the principles for powerful, safe and effective teaching and sequencing. Leave with the skills and knowledge to teach flowing 'vinyasa' Yoga sequences; adaptable to all levels – based on authentic teachings from the Sri T Krishnamacharya lineage. You will have the expertise to give your students what they need when they arrive in your class. So your students will feel good and stay safe – and keep coming back for more!



THERAPEUTIC APPLICATION OF YOGA

Go deeper into using the alchemy of yoga to help others through the Therapeutic Applications of Yoga: includes Yoga for Mental Wellbeing, Trauma Informed Yoga, Yoga for Ageing, Chair Yoga, Yoga for Asthma, Yoga for Shoulders/Back care, and more.



MEDITATION

Learn and practice simple yet profound meditation techniques, and gain the ability to lead and share them, with videos and scripts of powerful meditation practices to keep.

ONLINE COURSE MODULES



YOGA BUSINESS

Authentic yogic-principle based Business skills for successfully taking your teaching into the world, to share with others, create your own unique yoga community and build a sustainable and successful new career.



YOGA NIDRA

Yoga Nidra is a deeply healing practice known as “yogic sleep”. Learn to guide Yoga Nidra and learn more about this healing art with audio downloads of guided practices to keep.



KIRTAN AND MANTRA

Kirtan is the beautiful art of devotional singing, which can be practiced by all. Experience the bliss of this healing practice and learn simple chants and mantra to share and enjoy.



MENTORING SESSIONS

You will have one of our master yoga teachers as a mentor assigned to work with you in small groups. Move beyond the blocks holding you back as a teacher, step into your strength and emerge transformed by working with the support of your group and dedicated yoga mentor.



GAIN THE CONFIDENCE TO TEACH



GAVE ME THE CONFIDENCE... TO BECOME A GOOD YOGA TEACHER

"Now that the emotions and feelings have settled I would like to provide a short feedback regarding my experience with Santosha. The entire course was amazing... I found this course to be a unity of all the factors required to become a good yoga teacher.

Teachers Team - very dedicated, kind and knowledgeable people. They presented the materials, postures and classes in an interesting and captivating way. The teachers created for all of us a nurturing, meaningful and joyful environment - I have learned, experienced, teach, cry and laugh and everything was amazing and gave me the confidence and the example of how to become a good yoga teacher.

The way in which the entire course was taught gave me the confidence to have yoga classes with my first students without emotions or stress - I felt relaxed , enthusiast and happy to share what I learned with them!

Thank you Sunny and Santosha Team for a wonderful experience."

- Madalina Statoae, Austria

COURSE INCLUSIONS - IMMEDIATE ACCESS

ACCESS THESE POWERFUL INCLUSIONS WITH YOUR LEVEL 1 RYT-200 HOUR COURSE INVESTMENT FROM THE MOMENT YOU SIGN UP



UPON SIGN UP IMMEDIATELY ACCESS YOUR ONLINE COURSE MATERIALS:

- 20 Asana, Pranayama and Meditation Class videos – to start your daily practice
- Access to your full Course Modules online to begin your studies
- 4 x powerful Meditation and Breath techniques to add to your practice
- Guided Meditation, Yoga Nidra and Kirtan practices
- 9 x Foundational Principles of teaching videos
- Immediate support from our online team
- Bonus 4 Part Yoga Philosophy for Daily Living course to start your transformational inner journey
- Connect with your community of students via Classroom
- Santosha Breath and Movement Manual
- Santosha Anatomy Manual
- Santosha Yoga Teacher Training Manual
- Santosha Vinyasa Krama Manual

COURSE INCLUSIONS - BALI

ACCESS THESE BEAUTIFUL BALI COURSE INCLUSIONS WITH YOUR LEVEL 1 RYT-200 HOUR COURSE INVESTMENT



DURING YOUR YOGA TEACHER TRAINING IN BALI BENEFIT FROM:

- Welcome Ceremony to start your new journey with love and inspiration
- Daily Asana, Pranayama and Meditation Classes in our beach shala
- Hands on teaching Workshops from our master teachers
- Posture + Cueing Clinics and Tutorials
- Workshops with Santosha's senior teachers to develop your own Asana, Meditation and Pranayama practice
- Revolutionary new modules including Tantra, Yoga Therapy, Trauma Informed Yoga and Ayurveda
- Mentoring to work with you to develop your confidence and overcome fears
- Opportunities for practice teaching and feedback to hone your teaching skills
- Incredible practices designed for expansion and inner growth
- Guidance and support from our experienced master teacher team
- Be part of a loving, supportive and accepting of yogis and friends

COURSE INCLUSIONS - ONLINE

ACCESS THESE COMPREHENSIVE ONLINE COURSE INCLUSIONS WITH YOUR LEVEL 1 RYT-200 HOUR COURSE INVESTMENT



ADDITIONAL ONLINE YOGA TEACHER TRAINING ACCESS BENEFITS:

- Active Online community filled with love, support and connection
- Live Asana, Pranayama and Meditation Classes
- Access to our easy-to-use Online Learning Portal and Classroom
- Live Posture Clinics and Tutorials
- Weekly live Mentor Sessions, Q + As and Workshops
- Mentor in each timezone to work with you in small groups
- Zoom sessions with Santosha's senior teachers to develop your own Asana, Meditation and Pranayama practice
- Replay links of ALL live classes to watch in your own time
- 24/7 support from Sunny our founder
- Authentic practices and teachings for transformation

COURSE INCLUSIONS - POST GRADUATION

LEAVE YOUR TIME WITH SANTOSHA WITH THESE INCREDIBLE INCLUSIONS WITH YOUR LEVEL 1 RYT-200 HOUR COURSE INVESTMENT



UPON COMPLETION OF YOUR RYT 200 PLUS YOUR 30/50 YOGA TEACHER TRAINING YOU WILL GAIN:

- Beautiful Graduation Ceremony to celebrate your journey together
- All the information you need to safely teach Yoga
- Santosha RYT-200 + 30/50 Yoga Alliance Yoga Teaching Certificates
- The ability to register with Yoga Alliance as an RYT-230 or 250 Plus teacher to teach in gyms and studios worldwide
- Friendships and deep connections spanning the globe
- The knowledge and skills to safely teach cohesive, structured classes
- Extra skills to offer your students in Yin Yoga. Meditation, Pre +. Post Natal Yoga or Kids + Teens Yoga upon completion of your free short course
- A personalised daily yoga practice to best serve your mind, body and soul
- Lifetime Access to your course materials and online classes
- A deeper understanding of yourself
- A happier, healthier perspective - with the tools to cope with the challenges of life with ease
- Endless love, support and assistance from our Santosha family!

FAQS - COURSE INFO

WHAT STYLE OF YOGA DO YOU TEACH?

The Yoga we teach on our Yoga Teacher Training courses is an authentic 'vini' flow - which connects Hatha yoga postures in flowing vinyasa sequences. Our teachings draw from the Sri T Krishnamacharya lineage - traced back to ancient India - a deeply therapeutic and holistic approach to teaching; the goal of which is to create healing and well-being in mind, body and breath.

WILL I BE QUALIFIED TO TEACH YOGA WITH YOGA ALLIANCE?

Yes, gain your Yoga certification in Bali! This is a Yoga Alliance certified RYT-200 Yoga Teacher training - meaning you can gain your certification and register as a RYT-200 Yoga Teacher with Yoga Alliance immediately upon graduation from your studies - qualifying you to teach in gyms and studios worldwide. Or choose to complete part of your studies online and graduate online in the comfort of your home as a fully certified Yoga teacher.

I WANT TO BE A YOGA TEACHER - IS THIS COURSE FOR ME?

Yes, this is the one for you! Our Santosha 200hr training is registered with Yoga Alliance, meaning upon graduation you can sign up to the most trusted and recognised Yoga Teaching organisation in the world, allowing you to teach in studios and gyms.

WHEN WILL I BE READY TO TEACH YOGA?

You will be ready to teach straight away once you graduate, having gained the skills, knowledge and confidence to sequence and lead classes with ease! Many of our yoga teacher training graduates are teaching yoga online and in person all around the world. Every yoga instructor is always a student at heart who will continue to learn and develop both their teaching and practice for life.

I DON'T WANT TO BE A YOGA TEACHER - IS THE RYT-200 TRAINING FOR ME?

Our Santosha Yoga Teacher Training courses are more than just yoga teacher trainings, they are a chance to transform and grow. Even if yoga teaching is not your goal, you will dive deeper into your own practice, share a unique transformational experience, gain changing Yoga knowledge and be supported by open-hearted and caring teachers and friends. So yes, if you want to transform your mind, your body and your life in beautiful Nusa Lembongan... then this course is for you!

WILL I BE ACCEPTED INTO THE SANTOSHA LEVEL 1 RYT-200 YOGA TEACHER TRAINING?

Yes, we believe that all people are deserving of changing their lives. Subsequently, the only prerequisite is a sincere desire in your heart to change not only your life but the lives of others and to fully dedicate yourself during the training.

FAQS - COURSE INFO

IF I HAVE INJURIES WHAT SHOULD I DO?

Please inform us as soon as you can with regard to any injuries. Our teachers are trained to take injuries into account and will teach accordingly, but the more warning we have the more information we can gather to best assist you. As long as you work to your own level - resting whenever you need - and let the teachers know if any health issues arise, then you will have no trouble with the classes. We have had injured and pregnant students complete the training many times.

I AM OLDER AND CANNOT DO ALL THE POSTURES, CAN I STILL JOIN YOU?

At Santosha we believe that yoga is for everybody - and ALL bodies - and that your practice should meet you where you are at. It is NOT a problem at all if there are certain postures that are not accessible to you personally. There is no age barrier to accessing the incredible benefits of these practices, and sharing them with others! We are getting more and more students joining us in their 50s, 60s and beyond - and we love it.

I'M NOT SUPER FLEXIBLE, CAN I STILL JOIN UP?

Our philosophy is that there is no "one size fits all yoga." Yoga should fit your body, not the other way around. Some people may never get into particular postures because of genetics, injury or other factors, but this does not hinder your ability to teach and share yoga. If you are practising and teaching with attention and intention following the foundational principles of yoga which you learn on the course, it does not matter if you can form every shape perfectly.

I AM FAIRLY NEW TO YOGA. WILL I BE ABLE TO ATTEND THE TRAINING?

As the course is not purely asana (physical postures) based it does not matter if you do not have an advanced practice. You will be learning much more than just the asana postures. All we ask for a Santosha student is an open mind and heart and willingness to commit yourself completely to study and attend all classes throughout the 14 days of your live training.

I HAVE BEEN PRACTICING YOGA FOR A LONG TIME, WILL THIS COURSE BE SUITABLE?

A long-time practice is a wonderful aspect that will serve you well during the Yoga Teacher Training but it doesn't mean that you have to be an experienced Yogi to do a YTT - or that as an experienced Yogi, you will not learn anything new! You will be taught how to teach Yoga authentically as it was supposed to be taught, taught how to modify and adapt poses to suit your students' individual needs, how to use the breath appropriately and much more. Your own practice will expand in a beautiful way!

DO I HAVE TO WAIT UNTIL THE COURSE START DATE TO BEGIN?

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No, you can start your training from the minute you sign up. We will give you immediate access to all the comprehensive online course materials- video modules, classes, handouts and specialised teaching manuals which give you all you need to begin your journey.

FAQS - COURSE INFO

DO I HAVE TO COMPLETE THE ONLINE MODULES OF THE BALI YTT?

No, this is a fully optional bonus for joining the Bali RYT-200. For those that want to consolidate and refresh your knowledge after your in-person course - you will be given full access to our comprehensive online RYT-200 video modules and slides created by our team of Master Teachers through our easy-to-use learning portal. Retain life-long access to the online yoga teacher training content; meaning it is there for you to refer to at every stage of your teaching journey.

HOW LONG DOES THE COURSE TAKE?

The Level 1 YTT 200 hour course can be completed in 21 days. If your circumstances or other commitments mean that you're not able to join for the full 200 hr course in person, we now offer the uniquely flexible opportunity to join us in Bali for one, two, or three weeks, with a hybrid in-person and online option.

DO I HAVE TO JOIN FOR THE FULL THREE WEEKS IN BALI?

No! If your circumstances or other commitments mean that you're not able to join for the full 200hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, or three weeks! If you have already graduated from your Online RYT200/230/250+ course you can also upgrade to any 'in-person' course in Bali and join for however long you choose! Enjoy a beautiful retreat experience in paradise whilst deepening your practice and enriching your knowledge alongside your fellow yogis and teachers.

CAN I TAKE AS LONG AS I NEED?

For those that need longer, there is also the option to join the course as a hybrid online and in-person student, and or set your own pace through the course to fit around your life and work situation taking as long as you need to complete your Yoga Teacher Training with uniquely flexible online and in-person combinations. We will be alongside you every step of the way until you complete your studies with no time limit! With the continued support of your teachers, mentors and fellow students to share this life-changing experience. We have created this course to be as flexible as possible and to enable you to fit this around your work, life and family commitments.

CAN ANY OF THE MODULES OF THE CLASSES CHANGE?

Yes! We love to allow our courses to expand, grow and be organic in nature as schedules are a living, breathing expressions! We may add new topics or we may exchange/upgrade an existing topic. If there was a topic you really wanted to see and it is not on schedule reach out and we will add this - if this is possible!

04

FAQS - COURSE INFO

ARE THERE ASSIGNMENTS ON THE CERTIFIED RYT-200 COURSE?

There are several simple assignments to cement your learning as you complete the Yoga Teacher Training course as you learn different aspects of yoga, such as meditation and self-practice. You will practice teaching throughout the course and gain feedback and advice. Then you will teach a yoga class in person.

You also have the option to submit this yoga class online that you have filmed as part of your final assessment – this does not need to be high-quality footage and can be shot on a phone.

We can assist you with any part of this you find challenging! Providing that you have satisfied all the assessment criteria outlined above you will receive your certification. This is nothing to be concerned about – we provide you with all the guidance and feedback you need to complete this with ease when the time comes. Our Yoga Teacher Training students find completing this exercise very fun and empowering, giving them the confidence to begin their teaching straight away.

WHAT DO I NEED TO JOIN THE BALI YTT?

We supply all your training materials for your 200 hour Yoga teacher training in Bali. You can view them on your laptop or device, or print them before you join us in Bali.

HOW DO I CLAIM MY FREE 50 HOUR TRAINING?

As our launch gift to you, you will receive access to your choice of 1 x short online course – your choice of Yin Yoga, Pre Natal, Meditation or Kids + Teens training – to add to your skills and increase your options for teaching upon graduation with extra in demand modalities. We suggest you complete this after your Level 1. You just need to email us when you are ready with your choice of course and we will send through your free course log-in.

I FEEL A BIT NERVOUS ABOUT DOING THIS COURSE. SHOULD I STILL DO IT?

Yes! This probably means you are ready to step into something new but you just need that extra bit of courage to make the next brave step. You are welcome to write to us and let us know about this and we can happily provide extra support – both before and during your time with us on the course. become, in a way that best suits YOUR individual nature and strengths

FAQS - LOCATION + TRAVEL

WHERE IS YOUR BALI YOGA COURSE LOCATION?

Our Bali Yoga Teacher Training venue - Yoga Village Nusa Lembongan - is a stunning oceanfront Yoga Shala on the beachfront on the island of Nusa Lembongan. The island is only 40 minutes by boat from Bali and we can assist you with boat transfers and airport pick-up.

HOW DO I GET TO NUSA LEMBONGAN?

Our **Bali Travel + Accommodation Guide** provides guidance on how to easily travel straight from the airport or from your accommodation in Bali to our beautiful island home of Nusa Lembongan. You will be able to book the fast 40 min ferry and taxi pick up package in one easy transaction. See our separate accommodation and travel guide for more details.

WHERE CAN I STAY IN NUSA LEMBONGAN?

We give you the freedom to choose the Nusa Lembongan accommodation option to best suit your budget and needs; we don't lock you into costly resort stays or shared facilities, but let you make the choice to suit your own preferences!

Accommodation on the island is cheap and plentiful, many with pools and beach views. We provide a **Bali Travel + Accommodation Guide** packed with suggestions for those who need a little help choosing from the incredible options on Nusa Lembongan island. We support you with any extra assistance you need in finding the accommodation option to best suit you!

We also offer an **Inclusive Accommodation Package** for those who want us to organise their stay with our partner - Santosha@PuriNusa. This makes it so easy to plan your stay - so you can relax and enjoy the best Nusa Lembongan has to offer with ease!

IS IT BETTER TO STAY AT SANTOSHA@PURINUSA OR CHOOSE MY OWN?

This is entirely up to you! Some students love the simplicity of having us organise their stay, and many appreciate the savings that come from sharing a double room. They also like knowing they will be living close to their new yoga friends in a friendly community. Others fall in love with one of the other options we suggest and would prefer to arrange their own stay there, or simply prefer the flexibility of options that making their own booking offers.

DO WE GET TIME OFF TO ENJOY THE BEACH AND BALI?

There will be plenty of free time each day for you to relax, surf, snorkel, swim and explore on our 200 hour yoga teacher training course. You will also have one full day off per week when you can use your time as you choose - to relax, enjoy the beach, go on an excursion, study or practice.

FAQS - LOCATION + TRAVEL

WHAT CAN I DO IN MY TIME OFF?

Nusa Lembongan is loved by yogis, divers and surfers for its incredible surf breaks, pristine water, lively community, organic cafes and relaxing vibes. You will never be bored on this beautiful island! Nusa Lembongan offers options for downtime activities to suit everyone. Feeling active? Surf, SUP, kayak, swim, hike or scuba dive. Soak up the beautiful scenery with yoga on the beach or relax in one of the many beachfront cafes. Or treat yourself with the bountiful affordable options for healing and well-being such as massage.

DO I NEED A VISA TO GET INTO BALI?

Over 70 countries - including Australia, NZ, UK, USA and Germany - are eligible for a 30 Day Visa on Arrival - meaning you do not need to pre-arrange anything before you arrive. See our "Visa" section below. To check if your country is eligible for the Visa on Arrival please visit Bali.com for the most up-to-date information: <https://bali.com/>

DO I NEED TRAVEL INSURANCE?

Yes! You will need valid travel insurance to be able to apply for your visa and to enter Bali. We also require Travel Insurance for you to join us on the course. Travel Insurance companies have recently changed their policies to offer extensive cover for those travelling during the pandemic.

HOW DO I GET TRAVEL INSURANCE?

You can easily organise Travel Insurance through your existing insurance company (if you have one), your bank, your airline, your travel agent or online at sites such as World Nomads. You must organise travel insurance before you leave for Bali, as you cannot obtain travel insurance once your travels have begun.

DO I NEED A PRE-TRAVEL PCR OR RAT TEST TO ENTER BALI?

Over 70 countries - including Australia, NZ, UK, USA and Germany - can now travel to Bali without the need for a pre-travel PCR or RAT test. To check if your country is eligible for Quarantine Free Travel please visit Bali.com for the most up-to-date information.

WHAT IF I CANNOT ATTEND FOR COVID RESTRICTIONS OR OTHER REASONS?

Rest assured, we offer full flexibility for any bookings affected directly by the pandemic. If you are unable to attend our Bali course due to COVID-19 related travel or event restrictions - or for any other reason - we offer you our risk-free guarantee. We will refund all payments, minus your non-refundable \$499 AUD course deposit which can be applied to any other course (online or in-person in any of our locations) at a later date. Please check your government website on the current situation with travel to Indonesia, as you will need to get this important information directly from official sources for the most accurate up-to-date guidance.

FAQS - PAYMENT INFO

WHAT IS THE COST OF YOUR YOGA TEACHER TRAINING?

We give you the choice between:

- paying for the training only and choosing your own accommodation
- selecting our **Inclusive Accommodation Package:** Yoga Teacher Training + 21 Nights of Accommodation

Training only cost - Earlybird

- Earlybird Bali Yoga Teacher Training: \$2,590 AUD

**pay in full one month before your course begins*

Training only cost - Non Earlybird

- Full Bali Yoga Teacher Training: \$2,890 AUD.

Inclusive Accommodation Package - Earlybird

Inclusive Package - Yoga Teacher Training (YTT) + 21 Nights Stay in \$AUD

- YTT + Shared Twin Room - \$2,780 AUD
- YTT + Private Garden View Room - \$3,220 AUD
- YTT + Private Ocean View Room - \$3,430 AUD

**pay in full one month before your course begins*

Inclusive Accommodation Package - Non-Earlybird

Inclusive Package - Yoga Teacher Training (YTT) + 21 Nights Stay in \$AUD

- YTT + Shared Twin Room - \$3,080 AUD
- YTT + Private Garden View Room - \$3,520 AUD
- YTT + Private Ocean View Room - \$3,730 AUD Full

FAQS - BOOKING INFO

DO YOU HAVE PAYMENT PLANS?

Yes, we offer three payment options on our Bali Yoga Teacher Training so everyone can afford to join us. Hold your place on the yoga course with a \$499 AUD deposit with the final payment due one month before your Bali course begins, pay in full - or choose our payment plan in 5 x monthly instalments.

HOW DO I BOOK MY INCLUSIVE ACCOMMODATION PACKAGE?

To Book your Yoga Teacher Training PLUS 21 Nights stay at Santosha@PuriNusa:

You can easily book your Inclusive Package on our website and we will arrange your stay for you. You will be given the option to choose from one of three buttons:

- **COURSE ONLY** (this is for students who **do NOT want** the Inclusive Package)
- **COURSE + SHARED ROOM** (click this if you want a Shared Twin Room)
- **COURSE + PRIVATE ROOM** (click this if you want a Private Garden View or Ocean View Room)

We will be in touch once we have your booking to confirm your exact dates (extra nights can be requested) and you will be booked into the room of your choice.

HOW DO I BOOK MY COURSE AND MY OWN ACCOMMODATION?

To Book your Yoga Teacher Training Only:

You can easily book your place on the training on our website, then organise your own stay directly with your accommodation of choice. Once on the website, select THIS buttons to pay for the training only:

- **COURSE ONLY** (this is for students who do NOT want the Inclusive Package)

To Book Your Accommodation:

Then contact the WhatsApp Number provided for your accommodation of choice. Our local accommodation staff love WhatsApp and will easily be able to confirm your stay! For ease of booking please provide them with your:

- Name
- Arrival Date
- Departure Date
- Any other important information regarding requirements (AC etc)

BOOK YOUR PLACE

OUR HAPPY STUDENTS!



WHAT OUR GRADUATES SAY



Catalina is with Jani and 12 others.
September 15 at 5:56 PM · 🌍

24 house since it became official! We are yoga teachers!!! Holding my certification is nice, but it pales in comparison to this entire experience! Falling in love with you goddesses, having the opportunity to learn from our amazing teachers, and getting to learn about myself with no judgement and surrounded by love is the true accomplishment! Thank you! #santoshayogainstitute #yoga #bali #love #philosophy #grateful



Angela Currie is with Jazz Luna and 3 others.
February 3 at 11:20 PM · 🌍

What a month.... I'm a Yoga teacher!! This month changed my life in more ways that I can explain with words. I learned deep roots about myself, my perspectives, habits, fears, blockages, beauties, powers, and gifts. I learned about love for myself and others. This journey was not easy at times, but it was truly worth every second. I cannot wait to continue practicing every day. I am blessed to share my teachings and help others on their journey in life, through yoga we discover peace, love and harmony. Thank you Sunny Mckenzie Richards (Santosha Yoga Institute) Mian Meuthia Megan Mulrine Saukulak Andrea Santosha and Joanna, for the time, patience, teachings and knowledge you provided us. You made this journey purely magical.



Jani is with Mian and 17 others.
16 hrs · 🌍

1 month and so much more than just the certificate calling me a "RYT 200 hour Yoga Teacher" ... it's been totally different from what I expected and yet so much better than I could have thought of. As Mian Meuthia said at the very beginning, it has definitely not been a walk in the park, it has been challenging and intense and uncomfortable but also mind-blowing and rewarding and transforming and beautiful. And it has for sure been a not-a-walk-in-the-park in a truly magical place, which has made all the efforts feel like not so much of a strain after all 😊 Lembongan, that tiny island that already feels like a home away from home after 5 weeks and that makes me feel strange to leave behind today. And, most important, the connections made and the experiences shared with the wonderful girls I became friends with over the last few weeks. Each of you has inspired me in her own way and I won't say goodbye but see you all again! ❤️



MC Fischer added 23 new photos — 🙏 feeling grateful at Nusa Lembongan.
14 mins · Klungkung, Indonesia · 🌍

Thank you soo much **Santosha Yoga Institute** for this wonderful, amazing, unforgettable, inspiring, stunning and beautiful journey ❤️🙏!! It was one of the best decisions in my life and I am more than happy and grateful that I joined your #yogateachertraining 🙏🙏! This experience I will never forget! I met so many lovely people and we are now one big family and I am sure we will see each other again somewhere in the world 🙏!



Sara Higgs ▸ Santosha 2018 May RYT-200 Nusa Lembongan
21 hrs · 🌍

Miss you all so so much.. forever in my heart ❤️



I DID IT!!!!!! It has been an absolute AMAZING experience!!!! I've met the most open, loving, and beautiful people. I've laughed, I've cried, I've almost given up, BUT I didn't!! I was up before the sun every morning pushing myself to be the best me I could be! The days were long and the heat was sometimes unbearable, but it was worth every second! To say that this was a life changing experience would be an understatement... I am officially a Yoga Teacher 🙏🙏🙏❤️ #santoshayogabali



Melissa Peta Gates is with Sunny Mckenzie Richards and 25 others at Nusa Lembongan.
July 15 at 3:19 PM · Klungkung, Indonesia · 🌍

200 hours of Santosha Mind blowing and thought provoking philosophy @aries_sv anatomy, postures, asana, self practice, breath and movement, sequencing, Bijja Mantra, Yoga Nidra, Japa Mala, Tantra, mindfulness, learning, growing, teaching, sharing, caring, crying, laughing, dreaming with 30 strangers who became a family Forever grateful @santoshayogainstitute for bringing each unique and beautiful soul together in this wonderful environment for creating such a nurturing and safe space, with no judgement; only love We did it! 🙏 Certified 200hr Yoga Teachers 🙏



Chu Thu Hang is 🌟 feeling fantastic with Johanna Pollet and 3 others at Jakarta International Airport (disambiguation).
February 1 at 4:28 PM · Tangerang, Indonesia · 🌐

I came to Indonesia as a dreamer and now I'm leaving it as an Yoga Teacher. 🙏 I've never learnt that much in such a short time. And ...the most important professional discovery is that "The success of Yoga does not lie in the ability to perform postures but in how it positively 🌟 changes the way we live our life and our relationships." T.K.V Desikachar.
I have got even more than knowledge... which is knowing the beautiful hearts and souls all around the world. And I know that wherever I go, I'll feel home with them, my Santosha's mates. ❤️
And yes "wish it, dream it and do it" 🙏



Lucie Kral is with Ellie West and 12 others.
Yesterday at 8:02 AM · 🌐

It has been 365 since I have started THIS amazing journey! This journey that has been the utmost important of all my travels so far! Journey towards myself...

My yoga teacher training has opened an undiscovered box in me and since then I am discovering little jewels. Like that I can really wake up at 5am 😊 Like that I can really listen to my body talking. Like the fact I CAN trust myself more. The magic happened in tiny island Nusa Lembongan in Bali. Our yoga purpose has brought together wonderful women from all over the world to find one thing we have in common. Thing which we often overlook. The inner power in ourselves. Always. Wherever we are. The understanding of everyday life, with its sweet moments of love and joy and smiles and the sour moments of struggle and pain and tears. And THE learning how to appreciate both in our life.

It seems the magic vibes has started a spiral of things happening. Things I did want in my life, but they were not meant for me. Things I didn't want in my life, but they were needed for me. Happening for so long until I realized, that all the things were happening FOR ME. To grow.

It has taught me to listen to the silence - that can speak the best. It is showing me the way to happiness - via expressing gratitude. It has taught me the hardest asana - letting go. Nah! Haven't nailed that... and it seems like a lifetime work in progress 😊

My deepest thank you goes to the most beautiful souls in Santosha Yoga Institute and personally to Thia Santosha Johanna Santosha Sebastian Valensi Megan Saukulak Andrea Santosha Words cannot express the feelings behind the photos that, but that unspoken energy ignites the fire in me in western world for past 365 days. And I am setting up a dedication for another 365 ahead.

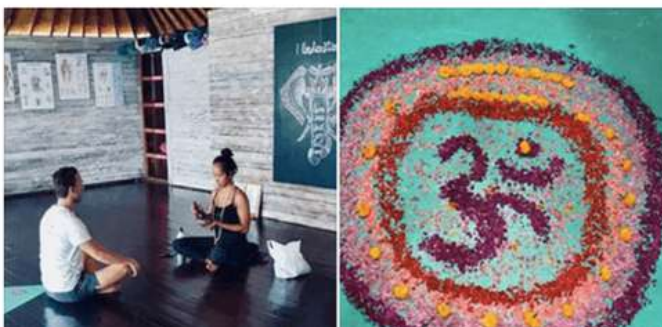
Andrea La Paglia
March 4 at 10:47 PM · 🌐

I've been fighting with my destiny, I've shared bread and wine, I've built and abandoned, I've been patted with the sin, I've ran and cried without breath, I've seen right and made it wrong, I've lost playing cards with myself. So many beautiful experiences during my 32Y, "Rccl" gave me the opportunity to travel-performed all around the world 🌐 met so many wonderful people, "Alua" gave me the opportunity to re-adapt;

But Now I'm Brand New, my "Talent" is back on 🔥 and it is with great respect and honor that I've awarded the Great Role of Yoga 🙏 Teacher, be able to give what is inside my heart, my passion, my love, my feelings, my Music 🎵 ... and given as it applies to others. And is just begin 🙏
Thank you to My Family for all the support as always.

Thank you Santosha Yoga Institute & Teachers for the memorable experiences, knowledge. Thank you to all the beautiful students I've been part of it.

🙏 Namaste 🙏
Andrea La Paglia
👍 🙏 🙏 🙏 🙏 🙏 🙏



Elizabeth Celestial
21 October 2018

It was an eye-opening, heart-touching and mind-expanding experience that words could not describe its full effect. We cried, we laughed, we faced the ego in us and acknowledged our heart and soul. We faced our fears and let love conquer. We went with the flow and it took us to the realisation that we don't always need to control things; there are things outside our control, we need to let go and surrender to the universe. We realised that there is an abundance of love within us that will never stop flowing. We can give and give and give and it will never run out. It was so humbling, I cried most days from gratitude. The locals here are so happy, their lives are so so simple. It's so true that the less you have the happier you are. I've seen things and experienced things that have changed my life completely and for that- I am grateful, and for that I will make use of my time to share as much as I can, to love as much as I can. I can now see more light in people, I can now believe that there are many many many people out there who want to make this world better. We are so blessed. I AM so blessed to have been surrounded with such beautiful people for the past month. We've all graduated and are now yoga teachers. But this was so much more than just a yoga teacher thing, it was a life thing 🙏🙏🙏 #grateful humbly bowing down to you all as the light in me honours and recognises the light in you. 🙏 #namaste 🙏

WANT TO KNOW MORE ABOUT WHAT OUR STUDENTS LOVED ABOUT THEIR TIME WITH SANTOSHA? SEE MORE SANTOSHA STORIES HERE:

SANTOSHA STORIES

FOLLOW YOUR HEART

Need some further questions answered? We'd love to talk yoga with you! Our team are busy travelling the world teaching and sharing yoga so the best way to contact us is via WhatsApp:

Jennie - inquiries Australia, NZ and Asia: +61 402 087 633

Sophie - inquiries Europe & Americas: +44 774 708 5144

Or email our helpful team:

info@santoshayogainstitute.edu.au

I'M READY TO JOIN!

Congratulations on making the incredible decision to step into an exciting new future! We are so looking forward to walking alongside you on this transformational journey.

To book your place simply click the button below to visit our webpage - or visit:

<https://santoshayogainstitute.edu.au/yoga-teacher-training/200-hour-ytt-bali/>

BOOK YOUR PLACE

From there we will be in touch to welcome you to the group and assist you in getting started on this exciting new journey - and begin your daily practice and studies straight away!

We are so honoured to be walking this path with you and cannot wait to connect personally very soon!

Oceans of love,

Sunny



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www.santoshayogainstitute.edu.au



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