



SANTOSHA YOGA INSTITUTE

CERTIFIED RYT-500

# BALI YOGA TEACHER TRAINING



GET STARTED ON YOUR JOURNEY

## COURSE INFO + FAQs

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# CONTENT

PAGE 1	.....	<b>WELCOME TO SANTOSHA</b>
PAGE 2	.....	<b>ABOUT SANTOSHA</b>
PAGE 3	.....	<b>YOGA PATHWAY</b>
PAGE 4	.....	<b>GO DEEP INTO THE HEART OF YOGA</b>
PAGE 5	.....	<b>CONQUER YOUR DOUBTS AND FEARS</b>
PAGE 6-7	.....	<b>ALL ABOUT OUR RYT-300 COURSE</b>
PAGE 8-9	.....	<b>OUR BALI TROPICAL ISLAND HOME - NUSA LEMBONGAN</b>
PAGE 10	.....	<b>LIVE &amp; LEARN IN A TROPICAL PARADISE</b>
PAGE 11-13	.....	<b>ONSITE CAFE - GINGER &amp; JAMU</b>
PAGE 14-15	.....	<b>ACCOMMODATION + TRAVEL GUIDE</b>
PAGE 16	.....	<b>EXPAND YOUR CONSCIOUSNESS AND TEACHING</b>
PAGE 17	.....	<b>DEEPEN YOUR PRACTICE</b>
PAGE 18	.....	<b>EXPERIENCE GROWTH &amp; HEALING</b>
PAGE 19	.....	<b>SANTOSHA OFFERS A LIFETIME OF LOVE, MENTORING AND SUPPORT</b>
PAGE 23	.....	<b>EXPERIENCE A LIFE-CHANGING JOURNEY</b>
PAGE 24	.....	<b>LEARN THE TRUE ESSENCE OF YOGA</b>
PAGE 25	.....	<b>ABOUT OUR AMAZING UNIQUE RYT-300</b>
PAGE 26-30	.....	<b>300 HR COURSE MODULES</b>
PAGE 31	.....	<b>300 HOUR SAMPLE SCHEDULE</b>
PAGE 32	.....	<b>LET'S BE HONEST LIFE CAN BE CHALLENGING - WE ARE HERE FOR YOU</b>
PAGE 33	.....	<b>A COURSE THAT FITS YOUR LIFE</b>
PAGE 34-39	.....	<b>QUESTIONS OR CONCERNS? WE GOT YOU COVERED!</b>
PAGE 40	.....	<b>READY TO JOIN US?</b>

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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 Grad*

Embark on a deeper journey with our 300 Hour Yoga Teacher Training Course. Expand your Yoga teaching skills, build confidence and become RYT-500 accredited on our authentic and experience an incredible life changing journey in spiritual Bali.

Do you ever feel, deep down in your soul you haven't yet discovered your true voice as a teacher or unique offering?

**Welcome to Santosha.** Where our goal is the same as yours - to transform your life and take your teaching to the next level..

Whether you desire a fresh perspective, deeper significance, to shift the path you're on or remove the blocks in front of you to reap the benefits of your rewarding career in yoga teaching, this could be the start of that change.

Santosha's Certified Advanced Yoga Teacher Training is an inspiring journey of continued learning and self-discovery.

**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 our one-of-a-kind yoga teacher trainings. Learn from passionate and knowledgeable Master Teachers who are specialists in their field as you take your teaching to the next level.

Join us for a truly unique, expansive and authentic Yoga Training. Gain highly desirable specialised skills as you deepen your connection to heart and soul and develop your Yoga teaching CV with knowledge to enhance your wisdom and value as a Yoga teacher.

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# 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 support you to continue on your unique yoga teaching path...

# 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 300 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 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*

# CONQUER YOUR DOUBTS & FEARS



"This course has inspired, challenged and pushed me to be more at peace with my physical practice, my spiritual and mental wellness. I have learnt to appreciate each moment as it comes and not to worry about the small things in life. The journey was marvellous the experience I gained was and is tremendous. More importantly, it has taught me the art of teaching and being a teacher, and continues to inspire me to learn more!" **Miranda El Shentinawi - RYT-500 Grad**

"This experience in both YTT's has been far more than I would have ever expected. I've learnt so much more about myself, friendships, my spirituality. The teacher's smiles and warmth and attitude makes me feel so grounded. It's never over I will forever hear the voice in my head saying "It's all good"!"

**Lily Stokely, RYT-500 Grad, California**

"From the bottom of my spirit and soul THANK YOU for bringing me on this adventure. I have learnt more this month about life and myself than any other time before including the YTT 200! I am so grateful for the new friends I have made and to be part of another YTT with you and all the teachers. You such an inspiring guiding light who I'm so thankful to have in my life. Santosha is such an amazing family. This training was truly incredible!" **Ingrid Schroder, RYT-500 Grad, NSW**

"Thank you so much for the great journey that you enabled us to take. I learned a lot not only about yoga, but about myself. I was pleased to meet so many different yogis with different yoga paths at this training, so I could learn from their experience as well". **Martina Reinsh, Russia, RYT-500 Grad**

# ALL ABOUT OUR RYT-300 COURSE

## OUR REVOLUTIONARY + HOLISTIC YOGA TRAINING

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 300 Hour Yoga Teacher Training. Experience a supported advanced yoga teaching journey like none other, enabling you to experience true transformation and growth in your teaching and self. This course has been created from the depth, integrity and love of our 15 years of experience in teaching yoga teachers to be the best they can be. Our passion is to offer a course unlike any other, encompassing the truth of Yoga in an expansive and specialised curriculum.

### YOGA ALLIANCE CERTIFIED

We have reconfigured and further enriched our Level 2 300-hour program to include even more depth and specialised skills to elevate your teaching – set yourself apart from the rest as a Yoga Alliance Registered advanced RYT-500 Yoga Teacher. We are fully accredited with two Yoga Alliance organisations which allow you to be recognised as a leader in the Yoga industry: Yoga Alliance International and Yogas Alliance Australia. So you can choose which Yoga Alliance is best for you

### EXPERIENCE SURF, SUN AND SPIRITUALITY IN BEAUTIFUL BALI

Your advanced Yoga Teacher Training is an inspiring journey of continued learning and self-discovery... so we ensure that you dive into this adventure in one of the most beautiful places on earth! Join us on our stunning tropical Island paradise – Nusa Lembongan – immerse yourself in our amazing beachfront Yoga hub. With incredible surf, sparkling clear seas, mystical sunsets, delicious nourishing food, 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 teachers and soul seekers.

### ADVANCE YOUR YOGA TEACHING SKILLS WITH OUR REVOLUTIONARY SPECIALISED COURSE MODULES

The Bali Level 2– 300 hour Yoga Teacher Training allows you to experience the true essence of Yoga through the application of ageless wisdom and ancient practices. Gain additional highly desirable specialised certificates for your Yoga Teaching CV. Hold cohesive Yoga Classes and Workshops with specialised knowledge and skills in Yoga Therapeutics and Anatomy; Advanced Pranayama and Breath Work; Yoga Tantra + Philosophy; Yoga Nidra; Yin Yoga; Restorative Yoga; Trauma Sensitive Yoga; Yoga for Mental Health; Chair Yoga; Mantra and Kirtan; teaching expansion and so much more!



**START YOUR STUDIES RIGHT AWAY**

Choose to 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\*.

\*please note the course tuition fees to the value of the online 300hr course become non refundable once you access and download Santosha online course materials

**TEACHING EXPANSION WITH OUR PASSIONATE AND KNOWLEDGABLE MASTER TEACHERS**

Benefit from the knowledge of our team of highly trained, passionate and experienced master Yoga Teachers. Our teachers live and breathe yoga and are specialists in their fields. Our caring, knowledgeable teachers will take your understanding of yoga and self to new levels. Gain so much more than an advanced teaching certification! We work with you to uncover blocks in your life and in your teaching enabling you to find expansion in a fully supported environment. This is a Teaching expansion: as you study the yoga postures in more depth; refine your cues; hone your unique voice; learn safe modifications and adjustments; more advanced sequencing; gain confidence in developing bespoke private classes; plan programmes for workshops and themes for transformational healing retreats. Gain other essential tools to advance your career opportunities, yoga business and your personal practice.

**LOVE AND SUPPORT AT EVERY STEP**

One of the wonderful aspects of a Level 2 training are the invaluable insights that we can call all share from our unique experiences as teachers – wherever you are at in your teaching career – coming together with love and support for one another. Form lasting bonds with a loving and open-hearted group of yogis. Leave with new friends, lifelong connections, networks and inspiration – and the specialised skills to expand your unique offering as you teach Yoga Classes, Workshops and retreats anywhere in the world!

**DEEP TRANSFORMATION**

Like Yoga itself, this Yoga course goes far beyond teaching the physical asana – you learn powerful healing Yoga practices and deeply impactful transformational teachings. If you're looking for the next step on your Yoga journey that is deeply connected on a physical, mental and spiritual level. This is the Yoga course for you! Gain so much more than an advanced teaching certification! We work with you to uncover blocks in your life and in your teaching enabling you to find expansion in a fully supported environment.

**BONUS LIFETIME ACCESS TO OUR 300 HR ONLINE COURSE**

Consolidate and refresh your knowledge **after** your in-person course – you will be given full access to our comprehensive online RYT-500 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 future teaching journey.

# OUR BALI TROPICAL ISLAND HOME

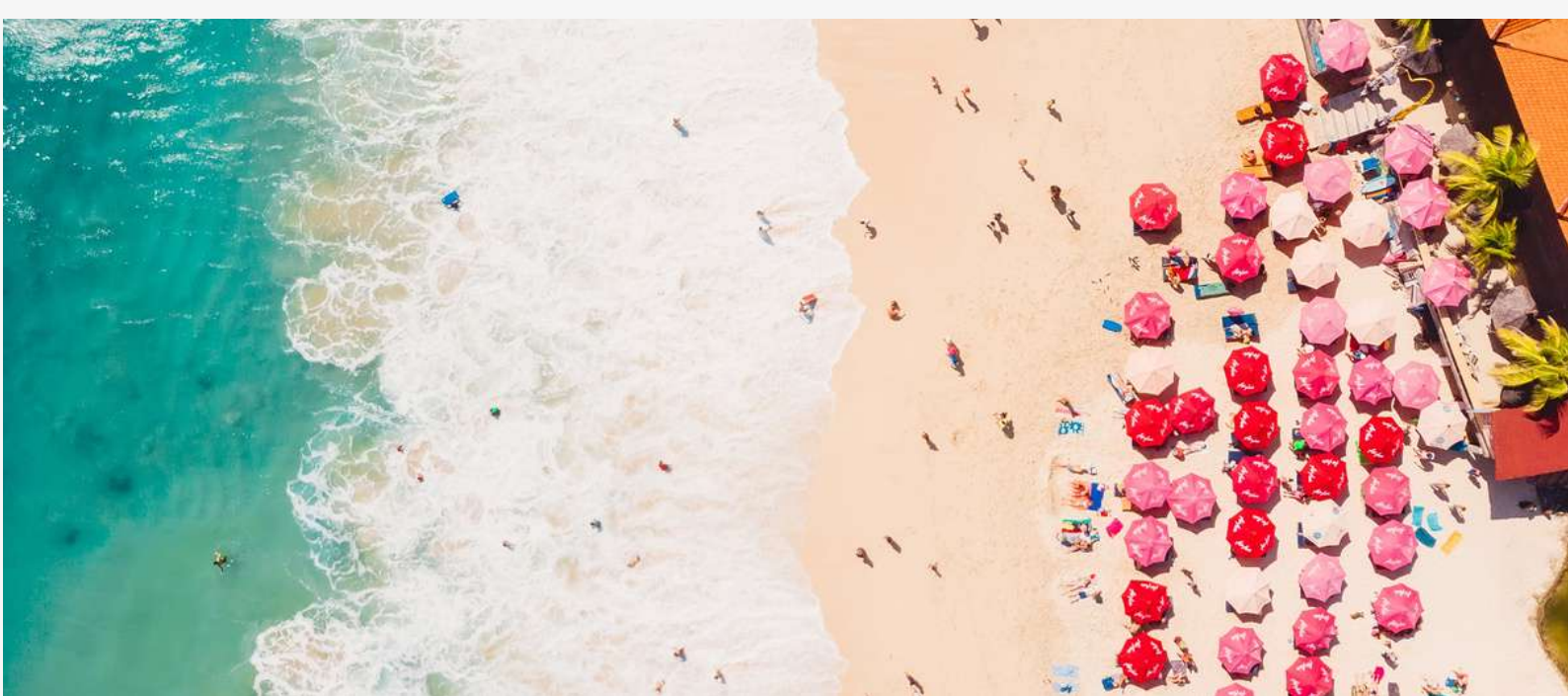
TAKE YOUR NEXT INCREDIBLE YOGA JOURNEY WITH US IN  
NUSA LEMBONGAN- BALI





# OUR BALI TROPICAL ISLAND HOME

**TAKE YOUR NEXT INCREDIBLE YOGA JOURNEY WITH US IN NUSA LEMBONGAN- BALI**



Immerse yourself in our amazing beachfront Yoga hub on tropical island Nusa Lembongan in Bali, Indonesia. The ample surf breaks, sparkling clear turquoise seas, quiet unspoilt white sand beaches and incredible food and culture make this spot a place you'll never want to leave.

Surf, dive, snorkel, swim, hike or soak up the beautiful Indonesian scenery with yoga on the beach. Or use your downtime to relax, with massage, acupuncture and reiki readily available.

## **"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**

# LIVE & LEARN IN A TROPICAL PARADISE



**"THERE IS SOMETHING SPECIAL ABOUT TAKING YOURSELF AWAY FROM YOUR REGULAR WORLD AND DROPPING ONTO A TROPICAL ISLAND TO TAKE YOUR YTT"**

*"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."*

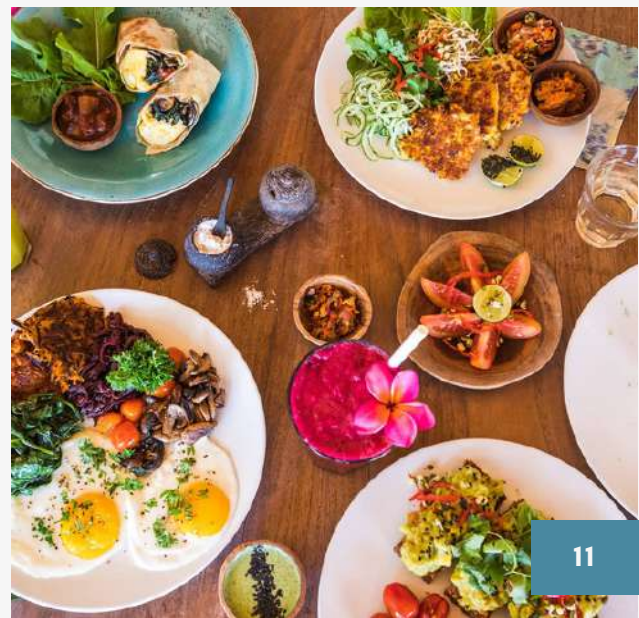
*"Being surrounded by people that are on journeys themselves causes you to become close with them very quickly. I was so honoured to share this journey with them, and so happy that I chose to do it at Santosha. This was the best place to be, for so many reasons"*

- 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 - but so will your belly!

Created from a love of yoga, healthy eating, island living and good vibes; we have created this little piece of heaven from the essence of Santosha just below our shala and right on the beach 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.

## "PURE JOY"

*"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/plant-based 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 these in our [Travel and Accommodation Guide](#).



# CHOOSE YOUR OWN STAY

**WE LET YOU MAKE THE ACCOMMODATION DECISION TO MEET YOUR NEEDD AND BUDGET**





# ACCOMMODATION + TRAVEL GUIDE

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



Our Bali Yoga Teacher Training venue - Yoga Village Nusa Lembongan - is a stunning oceanfront Yoga Shala and Yoga community right on the beachfront on the island of Nusa Lembongan.

Unlike other trainings, we do not lock you in to costly resort accommodation, making our training flexible and budget friendly. For those that do want to splash out on a resort experience, there are stunning options with pool or ocean-view rooms and quality amenities, allowing you the luxurious retreat you've always dreamed of!

We offer a range of recommendations to suit all budgets - and for those who want to be right next to the shala and enjoy the vibes in our cafe hub, on-site accommodation at Agung's Bungalows is also available, making your commute to the shala each day mere metres away. Perfect for those who like a sleep in!

We provide a [Nusa Lembongan Accommodation + Travel Guide](#) packed with suggestions for those who need a little help choosing from the incredible options on Nusa Lembongan island during your time on the Bali YTT- all of these are only a few minutes away from the Santosha Yoga Village and shala.

Our [Accommodation + Travel 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.

# EXPAND YOUR CONSCIOUSNESS AND TEACHING

**DEVELOP YOUR UNIQUE OFFERING AND TEACH FROM THE HEART**



*"This course has inspired, challenged and pushed me to be more at peace with my physical practice, my spiritual and mental wellness! I have learnt to appreciate each moment as it comes and not to worry about the small things in life. The journey was marvellous the experience I gained was and is tremendous. More importantly, it has taught me the art of teaching and being a teacher, and continues to inspire me to learn more!" Miranda El Shentinawi - RYT-500 Grad*

When you embark on your first teacher training, most yogis come to the realisation that this is only the beginning of their journey as a yoga student and teacher. Sooner or later, you'll feel the desire to dive deeper into your knowledge and practice and increase your skill set. Our 300-hour yoga teacher training programme is designed for qualified yoga teachers and provides the opportunity for participants to work with our master yoga teachers within a structure that provides time and space for profound learning and growth. Learn with and from the varied experience of your peers within a supportive community of passionate teachers in our stunning oceanfront yoga shala.

Stuck in a rut and losing confidence in your appeal as a teacher? Lacking inspiration and creativity in your yoga classes? Want to build and expand your loyal community of students? Neglecting your personal practice and feeling depleted after giving out all of your energy? Focus your mind and immerse yourself in your passion once again among like minded soul seekers. This course is perfect for those looking for a deeply immersive yogic experience and profound learning experience in our tropical paradise home.

Expanding your consciousness and teaching, Santosha gives you the breadth and depth of experience which will transform how you practice, teach and think about yoga. Stand out from the crowd by gaining specialised skills and a unique offering. Learn how to expertly structure classes, lead themed workshops, innovative masterclasses, and transformational retreats, significantly increasing your value as a yoga teacher. Cultivate the most authentic you, both in your teaching and your personal life. Develop your unique offering and teach from the heart. Facilitate deeper transformations in your students by incorporating your wisdom and healing practices into your teaching.

# DEEPEN YOUR PRACTICE

## TAKE TIME FOR YOU



Teaching yoga can be a hugely rewarding act of service – we form strong connections as we share our healing energy and can see the difference that our teachings are making to the lives of our students. However as we give out so much of our energy to our students, to our work and the demands of others in our lives, we can often feel so depleted that we neglect our own self yoga practice.

Giving out your care and energy to others means that your energy needs to be replenished first. Prioritising your needs and showing up for yourself first on the mat is vital as a yoga teacher in order to be able to teach authentically from the heart and to show up fully to meet the needs of your students.

We offer you the sacred time and space in our beautiful oceanfront shala to deepen and expand your self practice to tap back into your personal alchemy to meet your daily needs. Under the expert eye of our physiotherapist and master teacher Andrea who will support you to tailor your self practice to find the right postures, modifications and sequence for your body. Using your Yoga as Therapy training we teach you to intelligently and skilfully design your individualised practice to promote optimum healing and replenish your vital energies.

Your self practice does not have to be sweating it out on the mat pushing yourself to advance your practice. Your soul might be calling out for stillness; pranayama and breathwork; mantra and chanting; maybe some deep restorative postures or even a beautiful long savasana to reconnect and find your bliss.



# 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



# SANTOSHA OFFERS A LIFETIME OF LOVE, MENTORING AND SUPPORT



## **WE WILL MEET YOU WHEREVER YOU ARE AT ON YOUR TEACHING JOURNEY AND YOU WILL TAKE YOU EXACTLY WHERE YOU NEED TO BE**

Sunny has gathered an incredible team of teachers and support staff, who share her passion for sharing the benefits of yoga and 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 and boast extremely diverse highly specialised background. They have devoted themselves to guiding and supporting our students and fellow teachers during their time with us in Nusa Lembongan to realise their fullest potential. They are so looking forward to meeting you and walking alongside you on this next stage of your beautiful journey.

We invite you to join us on this teaching expansion to go deeper into the physical, mental and emotional aspects of this ancient life-changing practice. We will meet you wherever you are at on your teaching journey and you will take you exactly where you need to be. Experience deep shifts and remove blockages that enable you to emerge as the powerful, confident and highly skilled teacher- not just in asana but in all aspects of yoga- that you dreamt you would be. Reignite your passions for teaching and your yoga practice; find new perspective and redefine your purpose. Your master teachers, the Santosha support staff, and your fellow teachers are all here as part of your healing journey back to the beating heart of what makes you the extraordinary teacher that you are.

# 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

# LEARN THE TRUE ESSENCE OF YOGA



## "I HAVE EXPERIENCED THE TRUE ESSENCE OF WHAT YOGA IS"

*"Undoubtably 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 was 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,... 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



# ABOUT OUR AMAZING UNIQUE RYT-300

## HOW IS OUR LEVEL 2 BALI YTT 300 HOUR COURSE DELIVERED?

### CERTIFY TO TEACH YOGA ON OUR 26 DAY IN-PERSON BALI RYT-300 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. Enhance and elevate your Yoga Teaching Path with Specialised Yoga Modules and go deeper into your practice. Further develop and differentiate your Yoga teaching CV with specialised knowledge to enhance your wisdom and value as a Yoga teacher.

### ACCESS ADDITIONAL RYT-300 ONLINE CONTENT (OPTIONAL)

Our joy and dharma is to support your learning in the most appropriate way. Consolidate and refresh your knowledge after your in-person course - you will be given full access to our comprehensive online RYT-300 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-300 Yoga Teacher Training experience.





# 300 HR COURSE MODULES

Alongside your classes in Bali you have access to the online course content to use as a reference with lifetime access to pre-recorded videos and downloadable lecture slides to add depth to some of your modules.



## DAILY EXPERIENTIAL YOGA PRACTICES, PRANAYAMA AND MEDITATION CLASSES

Enjoy a beautiful daily flowing yoga practice in our oceanfront yoga shala in Bali guided by our resident master teachers.



## PRANAYAMA + FUNCTIONAL BREATH WORK

Go deeper into the physical systems that control our breath and learn powerful practices to aid in the easy flow of breath and movement. We will incorporate a combination of complementary traditional and modern science based breath techniques and simple practices to start teaching. Learn simple, clear, science backed practices to share with your students with a focus on deepening pranayama practices, functional breathing and holotropic breath-work. Gain the knowledge, skills, theory, practical experience and embodiment to become an intelligent breath worker and facilitator. Learn simple, clear, science backed practices to share with your students. This Module includes life-time access to additional Online Resources, to consolidate your knowledge and skills.



## 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. The Yoga Nidra module provides you with a clear understanding of the healing power of Yoga Nidra, so that you can deepen your own practice or share with others. This course provides a well-rounded exploration and experience of all aspects of Yoga Nidra. This Module includes life-time access to additional Online Resources, to consolidate your knowledge and skills.

# 300HR COURSE MODULES

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## YOGA AS THERAPY

Go deeper into using the alchemy of yoga to help others through the targeted use of yoga as a healing therapy. Learn the fascinating science of how to successfully integrate Yoga as Therapy - including specific asana, meditation and pranayama/breathing techniques- into the lives of those dealing with chronic physical or mental health disorders to ease suffering, promote healing and to aid the recovery process. Go deeper into the anatomy of each posture and the physical systems that control our breath, gain the skills to use powerful practices that can be sequenced safely in your classes in order to gain the most powerful healing benefits for each of your individual students. Learn the principles and foundations of teaching Yoga as Therapy; Yoga for Mental Wellbeing; Trauma Informed Yoga; Yoga for Ageing; Chair Yoga; Yoga for Asthma; Yoga for Shoulders/Back care; and so much more.

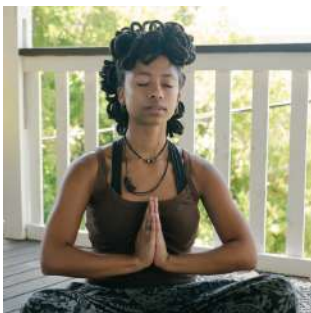
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## TANTRA AND PHILOSOPHY

This Module provides an introduction to Tantra Philosophy, Tantra for Relationships, Tantra Practices and Sacred Rituals. Tantra Yoga encompasses a huge range of techniques, yet its underlying focus is on using the body as a temple to worship the all-encompassing oneness of life as sacred. Tantra enables the practitioner to directly experience the Divine and to taste the oneness of the cosmos.

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## YOGA FOR MENTAL HEALTH & TRAUMA SENSITIVE YOGA

Learn to practice and teach yoga in a way that supports the mental health of you and your students. Gain an understanding of mental health on a scientific and experiential level, to enable you to create a safe, ethically responsible, trauma informed environment in which to offer yoga. This course will give you a framework for understanding how to adapt your practice, teaching and offering to be effective for a particular person at a particular time.

# 300HR COURSE MODULES

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## YIN YOGA

Slow Down and Tune In with Yin Yoga: Learn how to teach Yin Yoga and explore experientially how Yin Yoga works on deep levels to still the mind and balance the emotional body. Gain a solid foundation of the theory and practice of Teaching Yin Yoga. Learn to add elements of Yin Yoga to the cool down of your vinyasa class – or to teach complete Yin Yoga classes, retreats & workshops. Learn to teach and sequence Yin Yoga postures safely with correct alignment modifications, adjustments and cues.

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## CHAIR YOGA

Using modifications of traditional postures you will be able to meet the needs of students who are unable to participate in a regular yoga class due to limitations from age, disability or injury. Learn to sequence yoga postures that are practiced in a chair or using the chair as a prop for standing postures. Discover how to practice and share meditation, pranayama and relaxation techniques with the aid of a chair.

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## TEACHING EXPANSION

Draw from the depth of the knowledge of our team of highly trained and passionate Master Yoga Teachers and share unique invaluable experiences with your fellow teachers on the course. This is a Teaching expansion: study the yoga postures in more depth; refine your cues; hone your unique voice, understanding your students body limitations ROM – how their breath is being utilised sequencing intelligently in relationship to your students physical, mental emotional and breath availabilities – gain confidence in developing individually tailored private classes; plan programmes for workshops and themes for transformational healing retreats. Gain other essential tools to advance your career opportunities, yoga business and your personal practice.



# 300HR COURSE MODULES

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## DEEPENING + STRENGTHENING YOUR PRACTICE

Our own self-practice is so often neglected as we give out so much of our energy to other aspects in our lives, to others and to our students. We offer you the sacred space in our beautiful oceanfront shala to deepen and expand your self practice as your personal alchemy to meet your daily needs. Under the expert guidance physiotherapist and master teachers will work with you to create your individualised self practice that nourishes your body and mind.

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## HEART MEDITATION

Meditation not only quiets your mind, it also expands your capacity for compassion for yourself and towards others. Learn to teach a series of heart centered meditation practices that bring an emphasis on opening and healing the heart. These meditations bring energy into the body and directs it toward the heart which can provide long-lasting benefits for you and your students.

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## HOLISTIC HEALTH + WELLBEING

Holistic Health Coaching for self care and sustainable health for yoga teachers to avoid burnout and keep your own radiance and sparkle! Guided by our resident nutritionist and health food chef Jamie from our fabulous onsite cafe Ginger & Jamu.

# 300HR COURSE MODULES

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## 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 to lead chants and mantra to offer your students.



## 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.





# 300 HOUR SAMPLE SCHEDULE

## 300HR YOGA TEACHER TRAINING BALI

Please note that this is just a sample and the schedule will likely evolve and grow. Use this as a general idea of what your day may look like at our Bali Yoga Teacher Training

During your free time we suggest you eat nourishing food, do self practice, journal, explore the Island, surf or have healing treatments or consultations with our expert teachers and practitioners

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
06:00		Asana	Asana	Asana	Self Practice - Using Yoga Therapy Foundations	Asana
07:00	Auspicious Fire Ceremony - Welcome	Pranayama Meditation	Pranayama Meditation	Pranayama Meditation	Pranayama Meditation	Pranayama Meditation
08:00						
09:00	Nourishing Break & Beach Time	Nourishing Break & Beach Time	Nourishing Break & Beach Time	Nourishing Break & Beach Time	Nourishing Break & Beach Time	Nourishing Break & Beach Time
10:00	Yoga Therapy	Pranayama + Functional Breathwork	Yoga for Mental Wellbeing	Ayurveda	Chair Yoga	Yoga Therapy
11:00	Juice Break	Juice Break	Juice Break	Juice Break	Juice Break	Juice Break
12:00						
13:00	Teaching Expansion	Ayurveda	Yoga Tantra + Philosophy	Teaching Expansion	Pranayama + Functional Breathwork	Trauma Sensitive Yoga
14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
15:00	Yin Yoga	Kirtan and mantra	Yoga Nidra	Yin Yoga	Yoga Nidra	Heart Meditation
16:00-						
17:00	Embodiment through self study	Embodiment through self study	Embodiment through self study	Embodiment through self study	Embodiment through self study	Embodiment through self study



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



# A COURSE THAT FITS YOUR LIFE

## 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 personal reason – we offer you our Risk Free Guarantee. You can transfer your course funds to any other future Yoga Teacher Training course (in any of our locations) and start your online studies straight away with our amazing 300hr online course. If you choose not to attend in person and prefer to study online then we will refund the difference in price between the two courses.

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### INDIVIDUALISED COURSE 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 300hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, three or four weeks! You choose which of the specialised courses and modules you would like to practice in person and then continue your studies at home or complete them in person at a later date. If you have already graduated from your Online RYT300/500+ 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!!

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### RISK FREE FREEDOM 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 something changes that is out of your control or you decide to alter your plans- you have the freedom to change your course length, dates, location or study with us online! We will create a individualised course package for you which means you may choose the option of completing part of your training in Bali and the rest in Sri Lanka or online! With complete flexibility to set your timing, location and pace through the course.



# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

## **WILL I BE QUALIFIED TO TEACH YOGA WITH YOGA ALLIANCE?**

Yes, gain your RYT-500 Yoga Certification in Bali! This is a Yoga Alliance certified 300 Hour Yoga Teacher training; meaning your 300 Bali Hours - when combined with your existing 200 Hour qualification - enables you to register as a Yoga Alliance RYT- 500 Teacher immediately upon graduation- Yoga Alliance International and Yogas Alliance Australia. So you can choose which Yoga Alliance is best for you. This qualifies you to teach as an RYT-500 yoga teacher in gyms and yoga studios worldwide.

## **WHAT IS THE COST?**

Our full Bali Yoga Teacher Training course cost is \$3,990 AUD. Save \$700 AUD off this price by paying in full one month before your course begins - making the cost to you an amazing \$3,390 AUD!! This includes all tuition online and in-person, specialised course manuals and your RYT-200 Yoga Teacher Certificate. We keep meals and accommodation separate so you can choose the options to best suit you.

## **DO YOU HAVE PAYMENT PLANS?**

Yes, we offer three payment options on our Bali Yoga Teacher Training so everyone can afford to join the yoga course in 2022. Hold your place on the yoga course with a \$399 AUD deposit with the final payment due 10 Days before your Bali course begins, pay in full - or choose our payment plan in 5 x monthly instalments of \$698 AUD.

## **WHAT EXPERIENCE/QUALIFICATIONS DO YOU NEED FOR THE RYT-500/300HR YOGA INSTRUCTOR TRAINING?**

You need to have completed an RYT-200 teacher training- in person or online- at a yoga school. But we don't require that you have been teaching since you training. If you trained at a different school for your Level 1 training you have an optional online Bridging Course which we will send you once you sign up to introduce you to some of Santosha's Foundational Teachings from our 200hr Course.

## **DO I NEED TO HAVE COMPLETED THE 200HR YTT WITH SANTOSHA TO BE ABLE TO JOIN THIS 300HR COURSE?**

No you don't! However, we will ask you to read and complete the short online 'Bridging course' prior to joining us so that you are familiar with our foundations and principles of teaching.



# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

## **DO I NEED TO HAVE AN ADVANCED PRACTICE TO JOIN THE SANTOSHA 300 HR YOGA TEACHER TRAINING?**

Not at all! This course is designed to meet you where you are at with your teaching and practice. As the course is not purely asana (physical postures) based and it does not matter at all if you do not have an advanced practice. However, we recommend that students are relatively comfortable practicing yoga daily. An advanced practitioner is not necessarily a person who can move deeply into advanced postures; an advanced practitioner is someone who comes to the mat with a level of maturity, a willingness to learn and an understanding of the limits of their own body. Keep in mind that this program is not only for existing teachers but also for people who want to deepen their practice.

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

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 a super experienced Yogi to do the 300hr YTT - or that as an experienced Yogi, you will not learn anything new. Your own practice will expand in a beautiful way!

## **I HAVE LOST MY CONFIDENCE TO TEACH! CAN I STILL JOIN YOU?**

Yes, of course! Rest assured many of our students still come into the course feeling fear around teaching, or having lost their motivation or confidence in teaching. We completely understand, which is why we take such care to create a supportive and accepting space like no other you will have ever experienced. We work with you where you are at and we work to help you overcome the most common blockages standing in your way of being the shining and confident teacher you have always wished to become, in a way that best suits YOUR individual nature and strengths.

## **I HAVE NOT BEEN TEACHING YOGA SINCE MY FIRST TRAINING - IS THE 300 HR 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 still not your goal, you will dive deeper into your own practice, share a unique transformational experience, gain life changing Yoga knowledge and be supported by open-hearted and caring teachers and friends. So yes, if you want to immerse yourself further into your yoga practice, transform your mind, your body and your life in beautiful Nusa Lembongan Bali... then this course is for you! You also have the option to join us for the modules that interest you in one, two, three or four weeks in Bali!

# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

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

Yes! This probably means you are ready to step into this next challenge 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.

## **CAN ANY OF THE MODULES OF THE CLASSES CHANGE?**

Yes, we love to allow our courses to expand, to 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!

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

No, you can start your training from the minute you sign up. We will give you immediate access to the courses that have online components and materials– video modules, classes, lecture notes and manuals.

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

No! Nothing needs to be completed prior to joining us in Bali. Some (not all) of the course modules also offer additional online components and are a valuable part of your RYT-500 course investment. These can be completed before, during or after your 'in person' training in Bali. Consolidate your knowledge and retain life-long access to the online content of your RYT-500 course; meaning you have resources to return to again and again.

## **ARE THERE ASSIGNMENTS ON THE CERTIFIED RYT-300 HR COURSE?**

There are several simple assignments, assessment questions and teaching practice that you will complete to cement your learning for each module throughout the Yoga Teacher Training course. We can assist you with any part of this you find challenging! Providing that you have satisfied all the assessment criteria 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 and confidence.



# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

## **HOW LONG DOES THE COURSE TAKE?**

The Level 2 YTT 300 hour course can be completed in 26 days. If your circumstances or other commitments mean that you're not able to join for the full 300hr course in person, we now offer the uniquely flexible opportunity to join us in Bali for one, two, three, or four weeks! You can complete the rest of your study online at your own pace or join us on a future in person course to make up your hours!

## **WHAT DO I NEED TO JOIN THE BALI YTT?**

We supply all your training materials for your 300 hour Yoga Teacher Training in Bali. You will need a yoga mat, and a computer, phone or tablet with internet access to access additional RYT-500 Training course materials during your time in Bali.

## **DO I HAVE TO JOIN FOR THE FULL FOUR WEEKS IN BALI?**

No! If your circumstances or other commitments mean that you're not able to join for the full 300hr course in person, we now offer the uniquely flexible opportunity to join us 'in-person' in Bali for one, two, three, or four weeks. We will support you to create your own retreat and training experience to fit within the time you have available made up of your choice of modules and courses- in person and online! If you have already graduated from your Online RYT300 HR + 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!!

## **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.

## **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 300 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.

# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

## **HOW DO I GET TO NUSA LEMBONGAN?**

Our Accommodation + Travel 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 Accommodation and Travel Guide for more details.

## **WHERE CAN I STAY IN NUSA LEMBONGAN?**

You have the freedom to choose the accommodation choice best suited to your budget and needs. We provide an Accommodation + Travel Guide with suggestions for those who need a little help choosing from the incredible options on the island. All bookings are completely flexible should there be any need to cancel or change your booking due to COVID-19 related border restrictions for travel issues. With plentiful accommodation options within a ten minute walk, you can choose from luxury retreats, beachside cabins or chic and cosy homestays.

## **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 wellbeing such as massage and beauty therapy.

## **WHAT IF THE SITUATION CHANGES DUE TO COVID RESTRICTIONS AND I CANNOT MAKE IT?**

Rest assured, we offer full flexibility for any 2023 bookings. If you are unable to attend our Bali course due to COVID-19 related border, travel or event restrictions - or for any other personal reason - we offer you our risk free guarantee. You can transfer your course funds to any other future Yoga Teacher Training course (in any of our locations) and start your online studies straight away with our amazing 300hr online course. If you choose not to attend in person and prefer to study online then we will refund the difference in price between the two courses. 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.

## **WHAT IF I CANNOT ATTEND FOR OTHER REASONS?**

If you are unable to attend the 300 hour yoga teacher training in Bali due to any personal or medical reasons we refund all monies minus the \$399 AUD Course Deposit. This payment can then be applied to any of our in-person or online Yoga instructor training courses at a later date of your choosing.



# QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

## **IF I HAVE INJURIES WHAT SHOULD I DO?**

Please inform us as soon as you can with regards 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. It is also your job to speak up and let your online asana (and postures) teacher informed if conditions worsen or change. 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 HAVE BEEN INJURED, CAN I STILL JOIN AND TEACH?**

You do not need to have the perfect, injury free body to be a yoga teacher. If there are postures you cannot demonstrate in a class you can honestly explain to your students the reasons why and get a class member to demo the posture for you if needed, or work off verbal cues. We actually find that teachers who have had issues themselves with their bodies are far better at being aware of student's limitations and keeping them safe, as they are conscious of the care needed to look after an injury or area with limited flexibility or mobility. So instead of thinking of your injuries as a hindrance to teaching and participating in the course, realise that they can be an asset to your awareness and understanding as a teacher.

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

At Santosha we believe that yoga and teaching 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 which are not accessible to you personally. There is no age barrier to access 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 PREGNANT, CAN I STILL ATTEND THE COURSE?**

It is possible to complete the course while pregnant, but we ask that the decision is made only with the consultation and full support of your doctor. Only they can advise if this is the best course of action for you. All pregnant students must provide medical clearance via a medical certificate on the first day of the training and email Santosha upon enrolment to formulate an individual pregnancy plan to best keep you (and baby!) safe and comfortable during your time with Santosha. You must keep teachers advised of any physical ailments or issues arising from your pregnancy, so they can best assist and support you when needed.

# FOLLOW YOUR HEART

Need some further questions answered? We'd love to talk yoga with you! Contact us anytime through Phone, WhatsApp and Signal:

**Jennie**, for inquiries, Australia, NZ and Asia [+61 402 087 633](tel:+61402087633)

**Sunny**, our Founder- [+61 428 190 029](tel:+61428190029)

**Sophie**, for inquiries, Europe and Americas on [+44 774 708 5144](tel:+447747085144)

Or email our helpful team:

[info@santoshayogainstitute.edu.au](mailto:info@santoshayogainstitute.edu.au)

## I'M READY TO JOIN!

Congratulations on making the incredible decision to join us to enhance and deepen your unique offering teacher to the world! 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/bali-300-hour/>

**[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 you on 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*



Phone, WhatsApp, Signal: [+61 402 087 633](tel:+61402087633)



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