

## **Online Teaching Exemption for Yoga Alliance Registered Yoga Schools (RYS) has been extended through 2021.**

We don't know if online teacher trainings are here to stay, but it sure is a chance for all those unable to travel to join our training programs in 2021 from home. See our 2021 online *and* live trainings here.

Holding a golden standard in Yoga Teacher Training for over a decade, we have worked our best to deliver the same value through our online education. Nonetheless, we hold the importance of live trainings, ongoing learning, and *Sangha* – community. For those reasons our school is unique in offering the possibility of the **same program repetition** at any point in the future, for all our students that join either live or online trainings, **free of tuition fees**.

### **HATHA / VINYASA YOGA TEACHER TRAINING**

#### **Level 1, 200-hr CRETE, Greece**

July 19-25, 2021 ONLINE & August 1-22, 2021 LIVE (or online)

One-month Intensive

This training will take place **online for the first week** and **live for 3 weeks** on Crete Island, Greece. The online part of the training will focus on setting down the foundations through a morning practice, yoga philosophy, and a theoretical part of the training that will prepare the students for the live intensive that follows. The live intensive will be more focused on the practical aspects of the training, asana alignment lab, hands on assists, and teaching methodology. If able to travel we strongly suggest to do the live in Crete, however those 3 weeks will be offered online as well, and students can repeat live at any point in the future. Training is Yoga Alliance Certified at the 200-hr level.

For training syllabus please click [here](#)

#### **Schedule:**

##### **July 19-25, 2021 ONLINE 10am – 2pm EET**

10:00 – 11:30 Vinyasa Yoga, Pranayama & Meditation

11:30 – 12:00 Break

12:00 – 14:00 Lecture

*Teachings will take place over Zoom and be available for 24hrs for those in different time zones.*

##### **August 1-22, 2021 LIVE in CRETE (and online) 8am – 4pm\* EET**

8:00 – 10:00 Vinyasa Yoga, Pranayama & Meditation

10:00 Breakfast Break

11:00 – 12:00 Lecture

12:00 – 16:00 Teaching Methodology

16:00 – Beach, Study and free time

\*On some nights there will be an evening program

*Everything will also be streamed through Zoom and be available for 24hrs for those in different time zones.*

One day a week will be lecture free to give the students the opportunity to relax, study, and enjoy the beach.

#### **About Paleochora**

Paleochora, a beautiful Cretan peninsula is one place where we have held many trainings and we keep on returning year after year. Wild landscape, exceptional local food, pristine beaches and crystal clear waters of Lybian sea contribute to the magic of this place.

### **Accommodation**

Our training venue is an ecological retreat center built just a few minutes drive from the village and the beach, just as far as needed to give us the privacy and the peacefulness. Accommodation is simple, and based on double and triple occupancy, all with a private bathroom. Camping options are also available. Single occupancy may be available at an extra cost – contact us for availability and details. Food is not included due to very different dietary preferences we had to cater to in the past, making the overall cost of food very expensive. There are 3 kitchens available for student use where you can store and make your breakfast. There are large grocery stores and supermarkets in the village. Lunch and dinner are usually eaten out at many taverns that serve fresh local food.

### **Arrival and departure**

All traveling arrangements are arranged by the participants solely, we can assist you with directions from Chania or Heraklion airport to Paleochora. Participants should arrive by 5pm on the first day, and depart at 10am on the last day.

### **Investment**

*Tuition fees, teacher training manual, and shared accommodation (for those doing the live version of the training) are included in the program cost. All prices are per person.*

### **Full Training and Accommodation**

Early Bird (payed in full by May 30)

€2450 Twin Room

€2150 Triple Room

Regular Price (payed in full by July 20)

€2650 Twin Room

€2450 Triple Room

Tent Space

€1850 (limited availability, students need to bring their own tents)

### **Online Training**

€1650

Deposit of €500 along with your [application](#) is needed to hold your spot on the training. Please see our [Cancellation Policy](#)