

200hr Hatha Vinyasa Yoga Teacher Training
Hybrid Format live & online
July 12 – 26, 2025

5 Days Online

The online portion includes 4 days of self-paced & prerecorded material, containing theory, anatomy, and teaching methodology practice, and *one live online day. It is best completed prior to course start as it will set the foundation upon which we will build in the live portion of the training in Crete.

*Live online session Saturday, July 5, 9:00-13:00 CET

July 12 – 26, 2025, 15 day live residential in South Crete

The live intensive residential course is exactly the same course that we offer in a full live 3-week format, however most of the foundational theoretical lectures, as well as some practical ones will have already been completed online. When you arrive to the live portion of the course we will pick up where we left off in the online portion. It is important that you have a good understanding of the materials covered online.