200 HOUR YOGA TEACHER TRAINING

CANGGU, BALI

SAMASTI

A JOURNEY BACK TO YOURSELF



Upcoming dates at samasti-yoga.com

A LETTER FROM OUR FOUNDER

Welcome

There are a seemingly infinite number of ways to relax the mind, body and spirit in Bali. For many, merely stepping foot on the island is enough to lower stress levels.

In the paradise that is Bali, the body and heart open easily, the mind relaxes and our meditation becomes more profound. Our yoga teacher training offers the best the island has to offer: amazing beaches, the tastiest food, luxury accommodation and the experience of a lifetime.

Our deep retreat style 200 hour yoga teacher training will let you dive into yourself and experience the gifts of yoga directly.

The course is structured so you can attend fully while every daily need is taken care of. We eat, sleep, laugh, sing, dance, cry and pray together over the month and make connections that last a lifetime.

Join our team for an experience that will change your life forever.



With love,

Sean Goldberg

Sean Goldberg
FOUNDER & DIRECTOR

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WHO WE ARE

The inward journey comes first. The certificate follows.

A 29 day immersion led by a physiotherapist and seasoned yogi, integrating clinical anatomy, somatic therapy and traditional yogic practice.

Samasti has been running yoga teacher trainings in Bali since 2016, welcoming more than 500 graduates from around the world. We offer a rare chance to study and practise yoga in a setting that gives you not only the practices, but the correct understanding, tradition, context and meaning behind them.

We combine the ancient knowledge of the East with the latest understanding and research from the West. Our team has dedicated their lives to this path, and the training is built to be fully experiential, so you graduate teaching from real wisdom rather than borrowed knowledge from books.

260	29	20	5.0★
CONTACT HOURS	DAYS IN BALI	MAX GROUP SIZE	132 REVIEWS



IS THIS YOU

Some arrive to teach. Others to deepen. Everyone leaves with both.

With more than 500 graduates since 2016, the same four reasons for joining appear again and again.

01

You want to teach, and teach well

Forty hours of teaching methodology and two full hour practicums mean you leave having actually taught, with feedback from senior teachers and your peers. This is about an experience, not just a certificate.

02

You want more than just gymnastics

You have enjoyed the practice, but the philosophy, the breathwork and the meaning behind it still feel out of reach. You want to know how to bring yoga into your daily life.

03

You want to understand the body

A clinical physiotherapist teaches the anatomy, and you learn it on your own body, not from a book.

04

You need real time off

Between work, family and screens, you know a one weekend workshop will not shift anything. A month of full immersion, inward first, will.

Five things you will not find combined anywhere else in Bali.

01

Anatomy taught by a physiotherapist

Sean is a registered physiotherapist with a BSc in Physiotherapy. You learn how bodies actually work, how to keep them safe, and how to adapt yoga to injuries and limitations. Clinical knowledge, not yoga folklore.

02

260 contact hours, not 180

The industry minimum is 180 hours and most schools stop there. We run 29 days instead of 21 and use every one, giving you 80 more hours of practice, philosophy, anatomy and real teaching.

03

A family, not a number

Many trainings run with 40 or more students. At Samasti you join a small group where everyone is known by name from day one, and by graduation your cohort feels like family.

04

Everything included

Accommodation for the full month, two organic vegetarian meals daily, excursions, a traditional Balinese ceremony, sound healing, all manuals, and a 40 day sadhana after you graduate. One price, no surprises.

05

You teach two full 60 minute classes

Most schools let you graduate after one 15 minute practicum. Here you plan and teach two complete one hour classes before you graduate. It is the difference between holding a certificate and being ready to stand in front of a room.

WHY FOUR WEEKS

You cannot rush a nervous system into trust.

Real change moves like a moon, not a switch. It fills a little more each week, and only becomes whole in the fourth.

Week 1	Your nervous system finally slows down. You arrive, in every sense of the word.
Week 2	The practices take root. Breath, meditation and philosophy start to weave together, and the poses begin to feel like your own.
Week 3	The real material begins to rise. What surfaces on the mat starts to make sense off it, and your teaching voice finds its footing.
Week 4	Everything integrates. You teach your two full classes, philosophy stops being theory, and what opened in you has time to settle before you fly home.

Deconstruct. Reconnect. Blossom.

The training moves through three stages. You take yourself apart, return to what was always there, and share your gifts with the world.



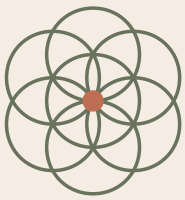
Deconstruct

Throughout our lives we are taught how we should behave, what we should wear and who we need to be to be loved. All of it moves us further from our natural state of being. The first step to knowing yourself is a deconstruction of the falsehoods you have learnt along the way.



Reconnect

Once you begin to remove the falsities and see the ways you have been pretending, you can reconnect more and more to who you truly are. You begin to find out what your life is for, what your purpose is, and what your natural gifts and talents have always been.



Blossom

From this place of connection, you can share with the world from a place of authenticity and joy. No longer looking for external recognition and validation, but shining and sharing the fruits and flowers that have blossomed from your inner being.

The full curriculum, in depth.

Twelve areas of study across 260 hours, woven together over 29 days as one integrated practice, from movement and breath to anatomy, philosophy and the art of teaching.

Yoga Class Practice — 30 HRS

Hatha, Vinyasa, Yin and Restorative yoga, practised daily in your own body.

Asana Workshops — 25 HRS

Alignment, meditation asanas, seated, standing, balancing, backbends, forward bends, inversions, arm balancing, core and twist asanas, with proper adjustments and corrections.

Pranayama Theory & Practice — 12 HRS

Mahayoga Pranayama, Sukha Kriya, Nadi Shodhana, Sukha Purvak, Ujjayi, Shitali and Sitkari Pranayama.

Kriyas — 10 HRS

Shatkarma Kriyas: Danta Mula Dhauti, Jala Neti, Vamana Dhauti and Varisara Dhauti.

Bandhas & Mudras — 3 HRS

Hand Mudras, Ashwini Mudra, Uddiyana Bandha, and the theory of Bandhas and Kundalini.

Meditation Techniques — 15 HRS

Anapanasati, silent meditation, capturing and stabilizing the uncaught mind, music meditation, Trataka, Brahmadhyadrishti, sacred heart and walking meditation.

Anatomy, teaching & philosophy.

Anatomy — 15 HRS

Introduction to anatomy, and the skeletal, muscular, respiratory, cardiac, digestive and nervous systems.

Applied Anatomy — 7 HRS

Standing posture, the spine, shoulder, hips, knee, scoliosis and the SIJ, the sacroiliac joint.

Teaching Methodologies — 40 HRS

Role of the yoga teacher, principles of teaching, sequencing, structuring classes, tag teaching, advanced methodologies, a half hour practicum, two one hour practicums, the business of yoga, the teacher student relationship and non violent communication.

Philosophy — 60 HRS

The Yoga Sutras of Patanjali, history of yoga, the four branches of yoga, Yamas and Niyamas, Ayurveda, Pancha Kosha, yogic diet and purification, subtle anatomy of prana, nadis and chakras, Tantra, Indian cosmology, Yoga Nidra, Sanskrit and mantra.

Therapeutic & Personal Development — 33 HRS

Somatic healing, trauma awareness and nervous system regulation, alongside guided self development sessions that turn what surfaces on the mat into lived, lasting change.

Additional Activities — 10 HRS

Excursions, team bonding activities and many more surprise activities across the month.

Anatomy and applied anatomy are taught by an expert physiotherapist.



What you will leave with.

More than a certificate. You fly home with a practice, a craft and a community.

+ **International accreditation**
  A 200 hour Yoga Alliance certification to teach worldwide.

+ **Two hour long classes taught**
  Two full 60 minute classes you have planned, sequenced and led.

+ **A deeper self love practice**
  A steadier relationship with yourself that outlasts the month.

+ **An authentic teaching style**
  A way of teaching that is unmistakably your own.

+ **The ability to teach**
  Confidence to lead Hatha and Vinyasa classes in your own voice.

+ **The business of yoga**
  The know how to begin your career and share your teaching.

+ **Anatomy and safety**
  An in depth understanding of the body and how to keep every student safe.

+ **New friendships**
  Lifelong connections with like minded people and a global alumni family.



From sunrise practice to evening lecture.

A rhythm designed to move you deeper each day, with real space to rest.

6:30 AM	**Morning Asana Practice** A beautiful start to the day, a mix of Hatha and flow.
8:30 AM	**Pranayama & Meditation** Deepen the practice through breath and stillness.
9:30 AM	**Group Breakfast** Sit together and bond over a nourishing family meal.
10:30 AM	**Anatomy Workshop** Study with a physiotherapist how to care for your body.
1:00 PM	**Free Time** Rest, the pool, and the beauty of Bali.
4:00 PM	**Afternoon Asana Workshop** Breaking down the poses, sequencing and variations.
6:30 PM	**Family Dinner** Another chance to connect and laugh over a meal by our chefs.
7:30 PM	**Evening Lecture or Special Events** Close the day with philosophy or a relaxing practice.

A sanctuary built for going inward.

Set within a private estate in Canggu, the villa features an open air living area for meals and rest between classes, lush gardens, a large pool, beautifully designed air conditioned rooms with private ensuites, and two peaceful shalas with garden views, and a sound dome for meditations, kirtans and crystal bowl healings. More than accommodation, it is an integral part of the training: a safe and tranquil home away from distractions.







Two nourishing meals a day.

Organic, local, fresh and vegetarian, prepared in house by our chefs.





ORGANIC LOCAL FRESH VEGETARIAN

All meals are organic and vegetarian, and our chefs happily cook for dietary needs including vegan, gluten free and celiac. Just tell us when you apply.



THE ISLAND

Why Bali.

Inspiring natural environment

Lush landscapes, serene beaches and vibrant tropical scenery create a calming backdrop for practice and personal reflection.

Cultural immersion

A rich living culture of Hindu traditions, ceremonies and daily ritual that deepens your understanding of yoga and its roots.

Affordable luxury

Comfortable accommodation, nourishing food and beautiful surroundings, at a gentler price than many other destinations.

An established yoga community

Home to a thriving community of world class studios, teachers and wellness centres to connect with before and after your training.

INVESTMENT

One training, two ways to stay.

Every option includes the complete 29 day training and all inclusions. The only difference is your room. Book three or more months ahead and save $300.

MOST RECOMMENDED

Shared Room

$3,490 ~~$3,790~~

Early bird price. Large triple share room with private bathroom and kitchenette.

- 29 day training and daily practice
- Shared room, private bath and kitchenette
- Two organic vegetarian meals a day
- Three manuals: asana, anatomy, philosophy
- Yoga Alliance certification (RYS 200)
- Sound healing and Balinese ceremony
- Welcome gift and waterfall excursion
- 40 day sadhana and alumni community

Private Room

$4,290 ~~$4,590~~

Early bird price. A private room for reflection and personal space.

- 29 day training and daily practice
- Private room for reflection
- Two organic vegetarian meals a day
- Three manuals: asana, anatomy, philosophy
- Yoga Alliance certification (RYS 200)
- Sound healing and Balinese ceremony
- Welcome gift and waterfall excursion
- 40 day sadhana and alumni community

Payment plans available. Prices in USD.

You are in experienced hands.



Sean Goldberg

FOUNDER & DIRECTOR

Sean holds a BSc in Physiotherapy and is the Founder and Director of Samasti Yoga. A registered physiotherapist in Australia, his teaching integrates yoga anatomy, physiology, somatic therapy and traditional Hatha yoga. He has dedicated his life to bridging Eastern and Western approaches to healing, and created Samasti in 2016 to spread consciousness and healing to as many people as possible.



Thia Moana

SENIOR TEACHER

Thia is an E-RYT 500 teacher trainer who has been teaching since 2011, and she shares Hatha, Vinyasa, Yin, pranayama, kirtan and meditation. Her teaching treats asana, breath, mantra and meditation as doorways into the same thing rather than as separate practices. She asks students to move past performing a posture and to find the practice in what they feel, hear and notice.



Bernd Windhofer

SENIOR TEACHER

With more than 20 years of teaching experience, Bernd gives each student exactly what they need in the moment. His deep passion for easing the suffering of others has led him to study widely across movement, meditation and philosophy, drawing from Ashtanga Vinyasa, Hatha and the yogic approach to therapy. Expect to be challenged in his classes, but always with kindness and care.

AFTER THE TRAINING

Bali is the beginning, not the end.

Most trainings end at graduation. Ours does not.

Every graduate is invited into the 40 day sadhana, a guided home practice that carries what you built in Bali into your daily life, with a daily prompt, a practice and your cohort checking in with you the whole way.

You also join more than 500 graduates in our worldwide alumni community, where teachers share classes, swap job leads and stay connected to the people who trained beside them, long after they have left the shala.

40	500+	2016
DAY SADHANA	GLOBAL ALUMNI	SINCE

WORDS FROM OUR STUDENTS

A perfect 5.0 from 132 Google reviews.

★★★★★

"Samasti is not just a Yoga Teacher Training, it's a training in being human. You come here to learn how to teach yoga, and you leave with so much more."

Romain Mounissens · France

★★★★★

"Sean is an exceptional teacher. As a physiotherapist, he brings incredible depth and clarity to his teaching. Samasti feels like home on the other side of the world."

Georgia Homann · Australia

★★★★★

"If you're looking for genuine transformational change beyond just a typical yoga teacher training, this is the course for you. Take the leap, Samasti has the net to catch you."

Nikki Cafcaros · United States

★★★★★

"We got to teach two full practice classes where other trainings give you 15 minutes and send you off into the world. I'd pay even more for this life changing experience."

Hanna Carroll · United States

QUESTIONS

Frequently asked.

What is included?

Your training, all course materials and certification are included in every option. The Shared and Private Room packages also include accommodation and two organic vegetarian meals a day for the full 29 days, plus sound healing, a traditional Balinese ceremony, a welcome gift, a waterfall excursion, the 40 day sadhana and access to the Samasti global alumni group.

Do I need prior yoga experience to join?

A regular practice helps, but you do not need to be advanced or flexible. We have welcomed complete beginners and experienced practitioners in the same cohort.

What kind of certification will I receive?

A 200 hour teacher training certificate registered with Yoga Alliance (RYS 200), recognised internationally.

What style of yoga is taught?

Traditional Hatha as the foundation, with Vinyasa, Yin, Restorative and Tantra woven through the month.

Do I need to want to be a yoga teacher to join?

No. Many students join purely to deepen their own practice. Every graduate leaves certified either way.

Is it safe to travel to Bali?

Yes. Bali welcomes millions of visitors a year and our venue is in a quiet, safe and established area with 24 hour security.

How do I get to the venue?

We send full transport instructions after you enrol, and can help arrange an airport pickup.



READY WHEN YOU ARE

29 days. One decision.

Applying takes two minutes and holds your spot with no payment required. We look forward to welcoming you into our growing Samasti family.

See upcoming dates at samasti-yoga.com

WEBSITE
samasti-yoga.com

EMAIL
info@samasti-yoga.com

INSTAGRAM
@samastiyoga

WHATSAPP
+62 821 4403 6700