



# SAMASTI

200 HR YOGA TEACHING TRAINING

BALI, INDONESIA



DECEMBER 4, 2025 – JANUARY 1, 2026

MARCH 29 – APRIL 26

MAY 31 – JUNE 28



# 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 Bali Yoga Teacher Training courses offer the best the island has to offer: Amazing beaches, the tastiest food, luxury accommodation, spectacular surf spots 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.

Our courses are structured in way that allows you to attend the course fully while having all of your daily needs taken care of. We will eat, sleep, laugh, sing, dance and cry and pray together over the month and make connections that will last a lifetime.

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

With Love,

*Sean Goldberg*

Co-founder & Director



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1 – PROGRAM OVERVIEW

# WHO ARE WE?



QUESTIONS?

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# OUR FACULTY



Sean Goldberg  
Director and Co-Founder

Sean Goldberg BSc (Physiotherapy) is the Director and founder of Samasti Yoga. His teaching style is based on a deep understanding of yoga anatomy, yoga physiology, somatic therapy and traditional Hatha Yoga. He is a registered physiotherapist in Australia and continues to work and treat clientele. Sean regularly teaches meditation courses, workshops and retreats for people that suffer from chronic pain, anxiety, depression and insomnia. He has dedicated his life to integrating Eastern and Western philosophies to find a balanced view of the world and its mysteries. Starting in 2006 he spent 5 years studying, practicing and teaching yoga in Thailand in a Hatha Tantra yoga school based in Bihar Yoga philosophy. In 2010 he went on to do his 500 hour yoga and meditation YTT with an intense focus on silent retreats and an energetic form of Hatha Yoga. Since then he has spent the majority of his time between India, Brazil and Bali continuing his practices of traditional tantra, self knowledge and somatic therapy. Sean created Samasti Yoga in 2016 as a manifestation of his intention to spread consciousness and healing to as many people as possible.



Cristina Arango  
Senior Teacher

A devoted student and passionate teacher, she shares her journey and stays true to the essence of yoga. Her teachings are about developing a conscious relationship with yourself and your connection to your authentic voice as a teacher so that you teach in a way that supports your essence, nourishes your heart, and connects to your students. Cristina's spiritual journey began 15 years ago with yoga, meditation, and Hawaiian shamanism through years of devoted practice and studies with master teachers: Mark Breadner, Nicole Walsh, Shiva Rea, and Himalayan Institute. Cristina's understanding of yoga as a system of living our highest possibility enables her to share creative and intelligent practices that take students safely to new levels of exploration. She weaves philosophy, asana, breath & meditation in an intelligent & creative sequencing style that moves between traditional and modern to honor yogic tradition and the modern human experience. She has taught internationally in Australia, Bali, and South America.



Bernd Windhofer  
Senior Teacher

Bernd has been throwing himself wholeheartedly into the deep waters of daily, dedicated yoga practice since the very beginning of 2001. With over 20 years of teaching experience, his aim as a teacher is always to give each student exactly what he or she needs at any given time, which has led him to learning as much as possible about different modalities of movement, meditation and philosophical approaches. Bernd has an abiding passion for helping to ease the suffering of others, which has led him down the path of yoga for therapeutic uses as well as yoga as a path toward ultimate freedom and truth. He has gathered tools for his own practice and teachings from Ashtanga Vinyasa Yoga, Hatha Yoga, the yogic approach to therapy, as well as a thorough and continuing education in yogic and Buddhist philosophies. The massive variety of meditation practices and traditions are a deep passion for Bernd, and he relishes the opportunity to practice and pass on these wonderful teachings. Expect to be challenged in his classes, but never pushed; thrown into the deep end, but always with a paddle, and always with kindness and care.

QUESTIONS?

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# ABOUT US

Samasti Yoga has been running yoga teacher training programs in Bali for almost a decade. We provide a unique opportunity to study and practice yoga in a setting that differentiates itself by offering not only yogic practices but also by providing the correct understanding, traditions, context and meaning of yogic science, asana and philosophy.

We have a strong focus on combining the ancient knowledge of the East with the latest understandings and research coming out of the West.

Our team is made up of practitioners completely committed to our fields of expertise. By dedicating our lives to our self practice and development, we have gained the ability to aid others take their next step on their journey. The training is designed to have a completely interactive experience, giving our students the opportunity to not only study the “map” of yogic teachings, but also explore the “territory” internally through deep practices, leading to personal, professional and spiritual development. The course has been created in this way to ensure the graduates will be teaching from a place of true experiential wisdom, rather than borrowed knowledge from books.





# OUR METHOD



## Deconstruct

Throughout our lives we are taught how we should behave, what we should wear, how we need to be to be loved. All of this moves us further from our natural state of being and can make us feel like we are watching a movie of our life, being simply an actor, pretending to be alive. The first step to knowing yourself is a deconstruction of all the falsehoods you have learnt throughout your life.



## Reconnect

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



## Blossom

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

QUESTIONS?

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# WHO ARE YOU?

## ARE YOU...?

- ✦ At moment of transition in your life
- ✦ Dissatisfied with your day-to-day life
- ✦ Passionate about yoga and personal development
- ✦ Interested in learning about the systems of the body

## ARE YOU LOOKING FOR...?

- ✦ Greater meaning in life
- ✦ Lifelong friendships and community
- ✦ Deep and meaningful connections with others
- ✦ The true meaning of yoga

## ARE YOU WANTING TO...?

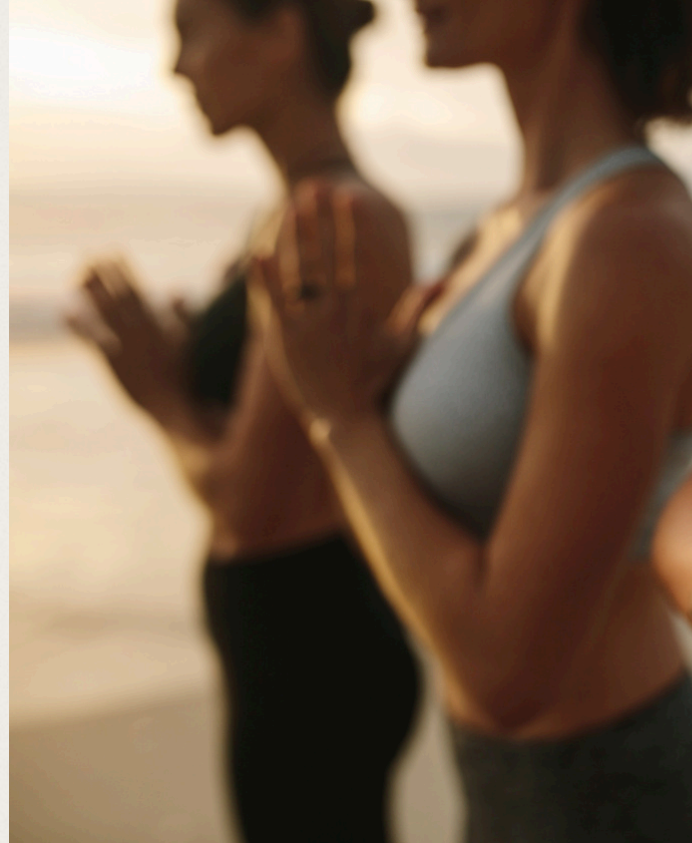
- ✦ Find your purpose
- ✦ Create new healthy habits and routines
- ✦ Dive into deeper healing
- ✦ Cultivate a healthier relationship with yourself
- ✦ Deepen your physical practice
- ✦ Disconnect from the external world for one month in paradise



QUESTIONS?

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# PROGRAM OVERVIEW



200HR Yoga Teacher  
Training Certificate



Early Bird Price  
\$3490 USD



Small Class Sizes  
+  
Personalized Support



Fostering Communal  
+  
Collaborative Learning  
Environment



28 Day All Inclusive  
Luxury Accommodation  
+  
2 Organic Meals Daily



Spiritual + Professional +  
Personal  
Development

QUESTIONS?

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# WHAT SETS US APART



✦ **Holistic Approach:** Dive deep into the ancient wisdom of yoga while integrating modern insights. Our curriculum blends traditional teachings with contemporary techniques, offering a well-rounded education that caters to diverse learning styles.

✦ **Focus on Self-Development:** We believe authenticity is the most valuable attribute of a yoga teacher. Our course integrates self-development and self-awareness through the use of therapeutic and yogic modalities to re-connect with our true self.

✦ **Small Class Sizes:** Experience personalized attention in an intimate setting. With small class sizes, we prioritize individualized support and foster a tight-knit community where every voice is heard and valued.

✦ **Experienced Faculty:** Learn from seasoned instructors who are passionate about sharing their expertise. Our teachers have more than 15 years of teaching experience and have dedicated their lives to their spiritual practice. We have an expert physiotherapist who specializes in injury prevention and mind-body connection.

✦ **All-Inclusive Retreat Style:** Throughout the training, everything will be taken care of from food and accommodation to special activities. Our training is designed to remove all external distractions so you can put all your energy toward learning and connecting with yourself and your fellow yogis.

✦ **Emphasis on Practice Teaching:** Gain confidence through hands-on experience. From day one, you'll have opportunities to lead classes, receive constructive feedback, and refine your teaching skills in a supportive environment. By the end of the course you will have taught 2 full one hour classes to your peers and teachers.

✦ **Samasti Global Community Forum:** Upon graduation, you will join our vast network of Samasti Alumni around the world. You will have access to job opportunities, spiritual events and group meetups. You will also have the ability to ask questions, share ideas and receive information about continuing education opportunities.

QUESTIONS?

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2- COURSE OUTLINE

# WHAT DO WE OFFER?



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**200 HR SOMATIC AND FUNCTIONAL YOGA  
TEACHER TRAINING**

# COURSE INCLUSIONS

**ALL COURSE ACTIVITIES, WORKSHOPS AND CLASSES**

**DAILY 30 MINUTE MEDITATION AND 30 MINUTE PRANAYAMA PRACTICE**

**DAILY 2-HOUR MORNING ASANA PRACTICE FOCUSED ON HATHA/ AND CREATIVE FLOW/VINYASA. YOU WILL ALSO HAVE EXPERIENCES OF RESTORATIVE/ YIN, POWER YOGA, YIN & YANG, YOGA NIDRA**

**2 PRACTICUMS WHERE YOU WILL PRACTICE TEACHING YOUR PEERS AND GET INVALUABLE FEEDBACK TO IMMEDIATELY HAVE THE CONFIDENCE TO TEACH**

**INTERNATIONAL YOGA ALLIANCE ACCREDITATION**

**28 NIGHTS ACCOMMODATION AT OUR YOGA RETREAT AND SANCTUARY IN BALI**

**2 MEALS A DAY**

**WATER CLEANSING CEREMONY WITH A LOCAL BALINESE HEALER**

**SPECIAL WELCOME GIFT PACK**

**COURSE MATERIAL**

**SPECIAL EXCURSIONS AND ACTIVITIES**



QUESTIONS?

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# COURSE OUTLINE

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## Yoga Class Practice (30 hours)

- ✦ Hatha, Vinyasa, Yin and Restorative yoga

## Asana Workshops (25 hours)

- ✦ Alignment, meditation asanas, seated, standing, balancing, backbends, forward bends, inversions, arm balancing, core and twist asanas, proper adjustments/corrections

## Pranayama Theory + Practice (12 hours)

- ✦ Mahayoga Pranayama, Sukha Kriya, Nadi Shodhana Pranayama, Sukha Purvak Pranayama, Ujjayi Pranayama, Shitali & Sitkari Pranayama

## Kriyas (10 hours)

- ✦ Shatkarma Kriyas: Danta Mula Dhauti, Jala Neti, Vamana Dhauti, Varisara Dhauti

## Bandhas and Mudras (3 hours)

- ✦ Hand Mudras, Ashwini Mudra. Uddiyana Bandha, Theory of Bandhas and Kundalini

## Meditations Techniques (15 hours)

- ✦ Anapanasati, Silent Meditation, Capturing the Uncaught Mind, Stabilizing the Uncaught Mind, Music Meditation, Trataka, Brahmahyadrishti, Sacred Heart Meditation, Walking Meditation

## Anatomy\* (15 hours)

- ✦ Introduction to Anatomy, Skeletal, Muscular, Respiratory, Cardiac, Digestive and Nervous System

## Applied Anatomy\* (7 hours)

- ✦ Standing Posture, the Spine, Shoulder, Hips, Knee, Scoliosis, SIJ (Sacroiliac Joint)

## Teaching Methodologies (40 hours)

- ✦ Role of Yoga Teacher, Principles of Yoga Teaching, Sequencing, Structuring Classes, Tag Teaching, Advanced Teaching Methodologies, ½ Hour Practicum, 2 x 1 Hour Practicums, Business of Yoga, Teacher-Student Relationship, Non-Violent Communication

## Philosophy (60 hours)

- ✦ The Yoga Sutras of Patanjali, History of Yoga, Four Branches of Yoga (Karma Yoga+Bhakti Yoga+Raja/Jnana Yoga+Hatha/Kriya Yoga), Yamas and Niyamas (Ethics and Morals), Ayurveda, Pancha Kosha, Yogic Diet, Yogic Purification, Subtle Anatomy (Prana, Nadis, Chakras), Tantra, Indian Cosmology, Yoga Nidra, Sanskrit & Mantras

## Additional Activities (10 hours)

- ✦ Excursions, Team Bonding Activities, Self-Development Sessions, and many more surprise activities!

# DAILY SCHEDULE



6:30 AM	Morning Asana Practice
8:30 AM	Pranayama + Meditation Practice
9:30 AM	Group Breakfast
10:30 AM	Morning workshop
1:00 PM	Free time
4:00 PM	Afternoon asana workshop
6:30 PM	Family Dinner
7:30 PM	Evening Lecture or Special Events

QUESTIONS?

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# WHAT YOU WILL LEAVE THE COURSE WITH

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New friendships and connections with like-minded people

International 200 hour yoga teacher training accreditation by yoga alliance

The Business of Yoga and how to begin your career as a yoga teacher

Authentic teaching style development



The ability to teach Hatha and Vinyasa yoga

2 x 1-hour sequences

In-depth understanding of anatomy and safety for yourself and students

Deeper self-love practice

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03 – ACCOMMODATION + FOOD + PRICING

# WHAT IS THE SETTING?



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# ACCOMODATIONS

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## The Villa

Our venue is nestled in the rice fields and is a short drive to the popular surf beaches of Bali. On site, there is a luxurious swimming pool, garden area, yoga shala and sound dome for meditations, kirtans, and crystal bowl healings. We will have the venue to ourselves to allow a safe space to dive deeper into Self knowledge



## The Rooms

The rooms are brand new, with all the comforts one could wish for, including private bathrooms, air conditioning and daily cleaning

**Shared Room**  
**\$3690 USD**

**Early Bird Pricing**  
**\$200 off**  
**Book 3-months in advance**

**Private Room**  
**\$4490 USD**



[Want more photos? Visit our website](#)

# FOOD

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2 DELICIOUS AND NUTRITIOUS MEALS A DAY

ORGANIC  
LOCAL  
FRESH  
VEGETARIAN

We also offer modifications for gluten-free, dairy-free and vegan

[Want more photos? Visit our website](#)

# BALI, INDONESIA



## INSPIRING NATURAL ENVIRONMENT

BALI'S LUSH LANDSCAPES, SERENE BEACHES, AND VIBRANT TROPICAL SCENERY PROVIDE A PERFECT BACKDROP FOR YOGA PRACTICE AND PERSONAL REFLECTION. THE NATURAL BEAUTY OF THE ISLAND HELPS CREATE A CALMING AND REJUVENATING ATMOSPHERE THAT ENHANCES THE TRAINING EXPERIENCE.



## CULTURAL IMMERSION

BALI OFFERS A UNIQUE CULTURAL EXPERIENCE WITH ITS RICH HINDU TRADITIONS, CEREMONIES, AND LOCAL PRACTICES. ENGAGING WITH BALINESE CULTURE CAN DEEPEN YOUR UNDERSTANDING OF YOGA AND ITS GLOBAL ROOTS, PROVIDING A BROADER PERSPECTIVE ON THE PRACTICE AND ITS APPLICATIONS.



## AFFORDABLE LUXURY

COMPARED TO MANY OTHER LOCATIONS, BALI OFTEN PROVIDES A COST-EFFECTIVE OPTION FOR HIGH-QUALITY TRAINING PROGRAMS. YOU CAN ENJOY COMFORTABLE ACCOMMODATIONS, NUTRITIOUS FOOD, AND BEAUTIFUL SURROUNDINGS AT A MORE AFFORDABLE PRICE, MAKING IT AN ATTRACTIVE DESTINATION FOR YOGA ENTHUSIASTS.



## ESTABLISHED YOGA COMMUNITY

BALI IS HOME TO A THRIVING YOGA COMMUNITY WITH NUMEROUS WORLD-CLASS STUDIOS, EXPERIENCED TEACHERS, AND WELLNESS CENTERS. THIS NETWORK PROVIDES AMPLE OPPORTUNITIES FOR NETWORKING, LEARNING FROM DIVERSE PRACTICES, AND CONNECTING WITH LIKE-MINDED INDIVIDUALS.

Exploring Bali before or after our training? Our teachers are here to help you get the most out of your experience and offer their favourite spots

QUESTIONS?

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INFO@SAMASTI-YOGA.COM

# WORDS FROM OUR STUDENTS



5 star reviews on Google



**Jil E**

Local Guide · 278 reviews · 1016 photos



★★★★★ a year ago

Just finished the YTT 200 hours in July at Samasti Yoga - it's been the best decision I could have made. Our teachers are sincerely dedicated, have such a profound knowledge and helped us to create a sacred and safe space to go inward, transform and reflect 🙏🧘🏻‍♀️ the accommodation, the food, the staff - everyone tried their best and exceeded on all levels. I'm very satisfied what I've gone through and how much I've learned. Highly recommended to do your training here, if you not only want a certificate, you rather want to work on yourself, have at least 2.5 hours of teaching yourself and don't only come for instagram pictures 🥰👉  
Thanks Samasti ♥️🙏



**Celia Baviera**

Local Guide · 152 reviews · 101 photos



★★★★★ 6 months ago

Attended Samasti in December 2018. Absolutely the most life changing experience! A complete immersion towards self awareness, guided by the incredible Samasti team who is there to support you in every step of your transformation. All aspects of the yogic lifestyle and philosophy are practiced and studied, the hardest part: going back to real life! Since that training I have taught yoga all around including Bali, Montenegro, Ibiza and California, always felt prepared and comfortable in my practice, being able to create a safe space for my students. We were 20 students in my training, all with different backgrounds and styles, I believe we all came out keeping our unique practices and prepared to share them with the world.



**Gemma Gagi**

Local Guide · 142 reviews · 124 photos



★★★★★ 7 months ago

I absolutely cannot recommend Samasti Yoga Teacher Training enough! 💙 It was truly a life-changing experience for me. The curriculum was thoughtfully designed and taught with so much heart and passion. The location was breathtaking, the food was delicious, and the overall personal experience was incredible. All the teachers are amazing and inspiring, and the activities were so impactful. Whether you are looking to become a yoga teacher or simply wanting to deepen your personal practice, this program is perfect for everyone. I am beyond grateful for my time at Samasti and the impact it has had on my life. Don't think it twice, Samasti will always be a great choice ✨

# FAQ

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## What is included?

The training package includes the course itself, accommodation, 2 meals a day (we cater for vegetarian/vegan/gluten free), course materials and manuals, extra activities like excursions, ceremonies, beach trip

## What kind of certification will I receive?

After completing the course, you'll receive a Yoga Alliance-certified 200-hour yoga teacher training certificate, which allows you to teach yoga globally.

## Do I need prior yoga experience to join?

We welcome practitioners of all levels, though it's recommended to have at least a year of consistent practice. We suggest in the months leading up to the training to try and practice at least 3 times per week. We do not have any strength or flexibility requirements to join our training.

## What style of yoga is taught?

The training focus's on Hatha and Vinyasa flow. You will be prepared to teach this styles with your own voice by the end of the training. You will also have experiences in yin, tantra, restorative and kundalini during the month.

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

NO, many join this training wanting to work on their own personal development. But it is good to be open to being surprised that you may love teaching.

## Is it safe to travel to Bali?

Bali is very safe for travelers, The venue has 24 hour security and is located in a safe area and we never have had any issue. You should however always have travel insurance when you are in a foreign country.

## How do I get to the resort?

You should book your flights to Ngurah Rai International Airport in Denpasar. Once you have arrives, we can organise you a driver or simply book a car at the local service called Gojek. You can download the app prior to your arrival. It is a cheap and safe option.

QUESTIONS?

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[INFO@SAMASTI-YOGA.COM](mailto:INFO@SAMASTI-YOGA.COM)



# JOIN US



Looking for more information? [Contact our team](#) directly

We look forward to having you as part of our growing Samasti family 



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