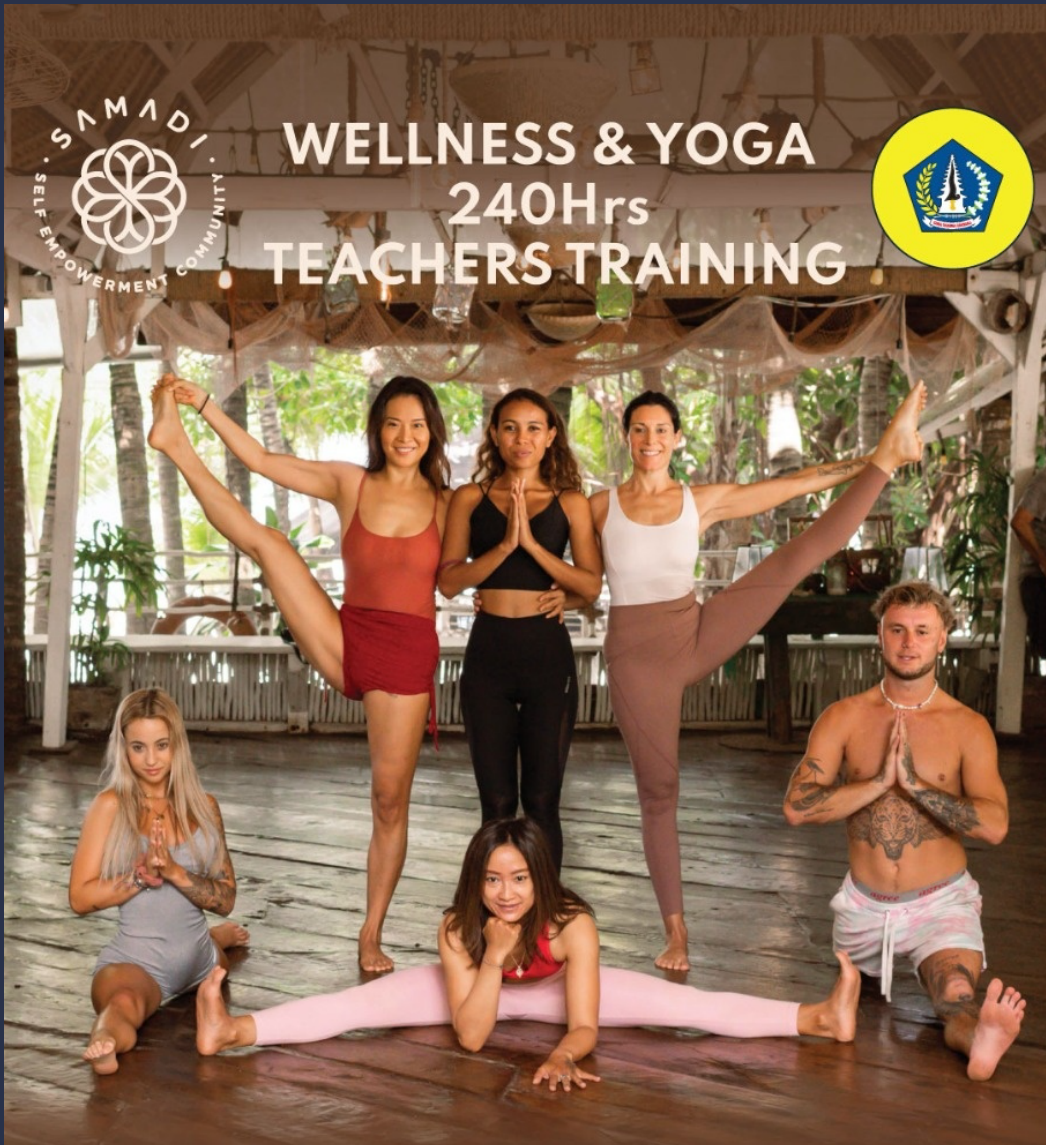




# WELLNESS & YOGA 240Hrs TEACHERS TRAINING



8 January	2023	18 June	2023
5 March	2023	3 September	2023
30 April	2023	5 November	2023

**SAMADI**

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# SAMADI ACADEMY

## CLIMBING THE YOGA TREE



*Become a certified Wellness & Yoga teacher*

The SAMADI Academy is an Indonesian licensed Wellness & Yoga school, we offer a Health & Wellness platform for continuing your education in the fields of Wellness & Yoga. Offering by our faculties a variety of courses and trainings to support you in developing your own Health & Wellness lifestyle.

The SAMADI Academy is the latest development at SAMADI and will include a variety of stand-alone courses, a student training, a teacher training and a mentoring program for seasoned teachers in the field of Health & Wellness.

### **240 HOUR WELLNESS & YOGA TEACHER TRAINING RETREAT**

This course is organised around 2 modules; home study and 240 hours at SAMADI each to be completed over 2 months. The training program which is the main requisite for training as a teacher with SAMADI.

The home-study is the theory part of this 240 Hours Wellness & Yoga Teachers Training Retreat, on the first day u will do a pre-examination to see if u are prepared to the final examination.

The 240 hours module is 26 days long and comprises Wellness & Yoga practices, teachings in yoga philosophy and psychology, embodied anatomy, yogic lifestyle, Ayurveda, Ayurveda cooking & Juice faculty, Traditional Asian Chinese Health & Wellness, Detox clinics and integrative explorations.

In the spirit of the yoga tradition, which is the science of experience and the methodology of self-inquiry, each faculty provides not only a theoretical background but also an experiential dimension to inquire into the nature of our human experience.

The foundation of this Training is based on three pillars:

- I. Traditional Asian Chinese Health & Wellness
- II. Yoga
- III. Ayurveda

with a holistic approach and layered with the varieties from SAMADI.

For example, in the lessons of anatomy, which focuses on the skeletal system, we not only study the bones and joints but we practice embodying, understand the energy, to experience ourselves and our wellness & yoga practice from that perspective.

Adjustment and Alignment is based on energy, faculty "art of Touch" we will go

deeper, how u as teacher can transmit and receive energy from your students.

Same for the study of the philosophical texts which are not just lecture style presentations but interactive platforms for reflection, self-discovery and tools to guide us and invite us to grow on our yoga mats and in daily life.

Since our human experience is rooted in the facts that we have a body and a mind, each module seeks to provide a fresh glance of a particular anatomical system and a traditional philosophical text to offer a well-rounded education in yoga reflective of the transformational journey that yoga invites.

Each module is a condensation of the SAMADI Collective of Yoga & Wellness Teachers of yogic studies and is quite dense with information and will most likely need several weeks or months of practice to be integrated.

**At the end you will have a deeper understanding of the functioning's of your body (anatomy & spirituality). Have a better comprehension of yoga methodology grounded in traditional texts. Acquire fresh perspectives on how to approach and grow your yoga practice. Have holistic, lifestyle tools to support you in daily life. Be a part of the vibrant SAMADI community.**

**At the end of the Training, you will Feel deeply established in your Yoga & Wellness practice. Have confidence in your understanding of body anatomy and physiology. Be grounded in traditional yogic wisdom. Own a big toolbox to create the life of your dreams. Be ready to enrol for the SAMADI Wellness & Yoga Teacher Training**

2023

8 JANUARY

5 MARCH

30 APRIL

18 JUNE

3 SEPTEMBER

5 NOVEMBER

Venue: SAMADI Bali, Canggu

Normally US\$ 3.900, early bird rates if u book  
- 2 months before the start of WYTT, US\$ 3.200.  
- 4 months before each WYTT, US\$ 2.900.

*A start of a life journey what will bring more perspectives in live,  
to bring more love for yourself in your live  
and will automatically transmitted to the people who surround u.*

SAMADI is a community and platform where East meets West a blend of ancient and new wisdom, SAMADI supports your personal evolution in Health & Wellness by philosophy and practice.

SAMADI Academy offers an internationally accredited Wellness & Yoga teacher training program, we provide u with the credentials necessary to teach all over the world.

We offer a wide scale of Wellness & Yoga & Health modules to give u the feeling what will be the real personal teaching style for u, a journey at the spiritual & exotic surroundings of the island of the Gods, Bali, Indonesia, a paradise.

Find further information here: [www.SamadiBali.com/](http://www.SamadiBali.com/)

@SamadiCangguBaliYoga  
@SamadiYogaCanggu

## THE COURSE TOPICS COVERED

### OUR FACULTIES DELIVER THE ART OF TEACHING

- Teaching techniques.
- Coaching techniques.
- Public Speaking techniques.
- Art of Touch: The art of skilful adjustment.
- Heal your body with movement and Herbal food & drinks.
- The Body as Spiritual instrument.
- Teaching ethics.
- Exploration of different approaches.

### ASANA FOCUSING ON VINYASA FLOW WITH AN EXPLORATION INTO VARIOUS DIFFERENT YOGA STYLES:

- Fly High, Yoga for Surfers, Budokon, Mandala Yoga, Yin, Restorative, Yoga Nidra, Sacred Flow by Elements and more.
- Daily Asana practice.

- Asana Lab (i.e., study postures, alignment, step by step progression).
- Art of Touch, Adjustment and Alignment is energy transmission
- The Art of Sequencing (Hatha & Vinyasa Flow Sequencing).
- Learning how to work with different populations, observing and understanding bodies (teaching beginners & elderlies).

## SAMADI SHARES WELLNESS IN VARIOUS STYLES AND ON DIFFERENT STAGES

- Tai Chi, Qi Gong, Win Chun
- Capoeira
- Detox
- Shamanism
- Cacao Ceremony and how to facilitate
- Ayurvedic Healing Food Cooking Classes
- Breathwork
- Sound healing
- Mandala Art Therapy

## YOGA HISTORY, PHILOSOPHY, TEXTS & CONCEPTS (ANCIENT WISDOM AND CONTEMPORARY ADAPTATION):

The Eight Limbs of Yoga,  
 The Yoga Sutras of Patanjali,  
 Classical Tantra,  
 The Chakra System,  
 Nadis,  
 Prana,  
 Bandhas and Mudras.

## OTHER SUBJECTS

Anatomy & Physiology, Pranayama breath-work, Meditation, The Business & Marketing of Yoga, Yoga Psychology, Yogic Lifestyle, Yogi cleansing techniques and rituals (Kriyas), Ethics for Yoga Teachers, Mantras and chanting, Prenatal Yoga, Ayurveda, Health & Nutrition and Yoga for Kids.

## VENUE

SAMADI BALI is nestled in a quiet and peaceful corner of Canggu. The Shala and residency are surrounded by lush tropical gardens with a pool for cooling off in between lectures or at the end of the day. It is a space that is calming on the senses so you can truly focus on your own journey within yourself and your practice. SAMADI has a warm and inviting community feel with its own organic

cafe, an organic supermarket, spa, sauna and ice bath facilities and weekly Sunday Market for local produce from fruits to artisan clothes supporting local charities. There is a dedicated front of house team on site during the day and night security from 9pm through to 7am to give peace of mind to our students who may be solo travellers.

## ACCOMMODATION AT SAMADI

The Residency is built overlooking tranquil rice fields and lush green vegetation. The rooms are beautifully designed with a focus to be bright, airy with wood details and big windows to let in the morning light. All the rooms overlook greenery and are a moment away from the Shala. The rooms have air-conditioning, free Wi-Fi, private bathrooms with daily housekeeping service. There is a shared pool for all students attending the training, lounge area, communal fridge and kettle to make snacks and drinks. The space is great to hang out, socialise, and study.

We are always happy to share further information about the rooms and help you decide which is the best option for you. We do recommend staying on-site or close by as the training schedule is busy and it allows you to focus on your studies rather than transport back and forth to the Shala multiple times a day.

## OTHER ACCOMMODATION

For accommodation alternatives, to minimise commutes we highly recommend that you stay in close proximity to the teacher training venue. There is plenty of nearby alternate accommodation to choose from in Canggu.

## Payment Details, Terms and Conditions

### **The total course fee is due as follows:**

A US\$ 1.100 deposit is required after approval of your application.

The deposit must be paid within 3 days of the application being approved, otherwise your space will be reallocated to the next applicant.

Your deposit is non-refundable, but transferable for 75% to another available Wellness & Yoga Teacher Training course, with a minimum of two month notice prior to the start of the training.

The remaining balance is due two month prior to the start of the Yoga Teacher Training Course.

The remaining tuition if paid prior to the payment due date (i.e. 60 days prior to the course start date), is 100% refundable up until 60 days before the course start date, after which time it becomes non-refundable.

## **Accommodation fee for 28 days**

Triple shared room	US\$ 550
Twin shared room	US\$ 900
Private room	US\$ 1.600

A US\$ 500 deposit is required to secure your accommodation

The deposit is non-refundable, but transferable to another available Yoga Teacher Training course, with a minimum of two month notice prior to the start of the training

The remaining balance is due two month prior to the start of the Yoga Teacher Training Course

The remaining accommodation payment if paid prior to the payment due date (i.e. 60 days prior to the course start date), is 100% refundable up until 60 days before the course start date, after which time it becomes non-refundable

## **Cancellation:**

Although SAMADI makes every effort to ensure that a booked training comes to fruition, we reserve the right to cancel the Yoga Teacher Training if there not enough students and in case of emergencies that are out of our control.

In the unlikely event that this occurs, payments can be transferred to another training date. Costs associated with flights, transfers, or any other cost incurred are not the responsibility of SAMADI. Travel insurance for these occasions, as well as accidents and/or injuries, is highly recommended. Students are required to sign a waiver of liability before the training starts.

## **Covid Pandemic Terms and Conditions**

Amendment terms and conditions in the light of the current COVID Pandemic developments, to provide more flexibility and to help each other through these strange and uncertain times. We only want the best and safest for our students, we are all in this together.

As per the usual terms the deposit is non-refundable, but transferable with a minimum of 2 month's notice. However, given the current uncertainty and hindrances due to COVID Pandemic, you will be able to transfer your deposit to another training in 2023 or 2024 with shorter notice.

The remaining tuition if paid prior to the payment due date (i.e., 80 days prior to the course start date), is 100% refundable up until 80 days before the course start

date, after which time it becomes non-refundable, but in case of COVID Pandemic hindrance still transferable to another training, up until the start date of the training.

COVID Pandemic hindrances include;

- If Indonesia closes its borders or imposed travel restrictions from your area of travel to Indonesia
- If the government restricts or shuts down group events in Bali
- Safety and health restrictions and concerns, due to the corona virus outbreak in Bali or in your country of travel. Making an in person WYTT impossible and/or unsafe.

**Payment methods:**

You can pay either via bank transfer or PayPal, the customer covers the Transfer fee surcharge which is then added on to the bill 5% for PayPal and 3% for Bank Transfer.

Please, let us know your preferred payment method and we will provide you with our details.

**The Course Fee Includes**

- All required Course Material
- SAMADI Preferred Member card (valid one Year)
- SAMADI ACADEMY Certification, National & International Acknowledged. *(an Yoga alliance certification is an option, but not necessary, cost US\$ 250 extra, please note that it is the choice and responsibility of the student to register online, all cost associated with the online registration with Yoga Alliance is to be paid by the student.)*
- All course activities, workshops and classes
- Daily breakfast  
Daily lunch  
Daily dinner (sometimes created during cooking class)  
Graduation dinner



- 2 x Sauna & Ice Bath event at SAMADI
- SAMADI T-shirt or top  
SAMADI Bag  
SAMADI Eco Thermos Bottle  
SAMADI Yoga mat  
SAMADI Blocks (2)  
SAMADI small Towel
- 1 Healing Massage
- Day trip to Bali Water Temple (spiritual cleansing)
- Blue Lotus Tea Ceremony & Kirtan with The SAMADI musicians
- 1 Guided Surf day
- 27 nights' accommodation if booked including

**The Course Fee does not include:**

- Airport transfer
- Private expenses in all outlets of SAMADI
- Private expenses during the tours

**Enrichment programs**

Each 240 W.Y.T.T. course has enrichment programs, workshops, retreats, trainings after or before. Email or WhatsApp or check our website to see what we offer.

## **BECOME A TEACHER AT BALI**

Teaching yoga in a place like Bali is easy, but you must know a few tricks about how you could complete your training and teach asap. With a yoga certification, you can get a job in a Yoga studio, Hotel, Sport centre, a healing therapy or any Massage centre but, you must have valid KITAS (work visa) with IMTA (working permit) to work In Bali.

Looking for a certified School, that's what we are, our certificates are national & international accredited, we are the best to teach you everything about all forms of Wellness & Yoga styles.

For more details, call or WhatsApp us today: +6281238312505, our reception or drop an email for admission details [Contact@SamadiBali.com](mailto:Contact@SamadiBali.com)