



# Ashtanga Yoga Teacher Training in Bali with Caroline Klebl

Source of Yoga, February 10, 2008

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Source of Yoga announces, an Ashtanga Yoga Teacher Training Retreat on the beautiful island of Bali from August 2nd to 30th, 2008 with Ashtanga Yoga Instructor, Caroline Klebl. This certification course fulfills and surpasses the 200 hour Yoga Teacher Training standards of Yoga Alliance. For additional information please visit <http://www.sourceofyoga.com>.

PR9.NET February 10, 2008 - Bali, Indonesia - Join us on Bali, the island of the Gods, for a deeply transformational Yoga Teacher Training Retreat.

28-day Yoga Teacher Training Certification Course from August 2nd to 30th, 2008:

Immerse deeply in the Ashtanga Yoga practice in this teacher training intensive with Caroline Klebl. This certification course fulfills and surpasses the 200 hour Yoga Teacher Training standards of Yoga Alliance.

Caroline Klebl offers a comprehensive Teacher Training program for teachers, aspiring teachers and dedicated practitioners of yoga. Her teacher training combines the high standards of practice, required by the Ashtanga Vinyasa System with the development of teaching skills necessary to introduce students to Ashtanga Yoga safely and effectively.

This course begins with a series of workshops focusing on the practice of Ashtanga Yoga. Each participant has a chance to first deeply immerse into their own practice and prepare for Mysore Style practice for the remainder of the course.

An Ashtanga Yoga Teacher Training Manual is supplied to each participant. To those who attend all scheduled classes, a 200 hour Yoga Teacher Training Certificate is awarded, at the end of the course.

Topics Include:

- Intensive practice of the postures of the Primary Series
- The principles of Vinyasa, Bandhas, Drishti and Ujjai Pranayama
- Adjustments and Teaching Techniques
- Assisting and supervised teaching
- Introduction to western Anatomy
- Introduction to Ayurveda
- Meditation instruction
- The Chanting and Philosophy of the Yoga Sutras

Teacher Training Schedule:

- Sunrise Meditation: 6am-7am
- Ashtanga Yoga (Mysore Style or Led): 7am-9am
- Adjustments/Teaching Techniques: 10:00am-12:30pm
- Anatomy, Ayurveda & Philosophy: 3pm-5pm

Retreat Location:

This course will take place at a luxury boutique hotel and well-ness resort. The resort includes a yoga pavilion, a treetop meditation deck and a pool. Air-conditioned sea view villas look out onto verdant landscape and down to the sea with sunset and sunrise views. Each villa includes a double bedroom with a private terrace and a parlor leading to an open air bathroom, with a shower and bathtub. Meals are served in the open air dining area or in the garden with spectacular views over rice fields and the sea of Bali. Throughout the retreat, the resort's talented chefs will present a variety of nutritious dishes featuring Asian, European and Ayurvedic vegetarian cuisine. Special dietary requirements will be catered to individually. The friendly staff will also provide daily room service as well as trips to the near by internet cafe.

Four Guided Tours on Bali:

Tours of the natural beauty and the sacred Temples of Bali are planned for, on Saturdays and the Full Moon, traditional Ashtanga Yoga rest days.

One Complimentary Massage:

Each participant will have the opportunity to choose from a variety of Ayurvedic and traditional Balinese massages.

Yoga Teacher Training: Aug 2-30, 2008

Single Occupancy : \$5700 US

Double Occupancy: \$4800 US

The Price includes:

The Ashtanga Yoga Teacher Training Certification Course, accommodation and vegetarian meals at Zen Resort Bali, four guided tours, one Ayurvedic massage and airport transfers from and to Denpasar International Airport.

This all-inclusive retreat package provides each participant with the opportunity to immerse in Yoga practice and focus on the Yoga Teacher Training course.

For additional information and to apply for the course please visit [www.sourceofyoga.com](http://www.sourceofyoga.com)

Contact Information:

Source of Yoga

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<http://www.sourceofyoga.com>

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**About Source of Yoga**

Source of Yoga offers Ashtanga Yoga workshops, teacher training courses and Retreats in the US and internationally with Yoga instructor, Caroline Klebl.

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