



NARALI
YOGA STUDIO

Yoga Teacher Training in Sri Lanka

12th February - 27th February 2025

Followed by three weekends in the UK on
7th, 14th and 21st March 2025

Become a Certified Yoga Teacher

Are you ready to embark on a transformative journey?

Join our 200-Hour Yoga Teacher Training program in the picturesque land of Sri Lanka. Whether you are a seasoned practitioner or a beginner, this immersive experience will deepen your practice and prepare you to share the gift of yoga with others.

Known as the Island of the Gods, Sri Lanka is an undisputed mecca for yogis. It is one of those places that once experienced, your heart never really leaves. Nestled in the lush tropical forest, our accommodation has been selected for its luxury, comfort & beautiful surroundings.

This experience will fulfil all your expectations and will enhance your yoga journey.



Who is the course for?

Whether you are a beginner, intermediate, or advanced practitioner, our program caters to all. Explore Hatha, Vinyasa, Yin, Restorative Philosophy, and Therapeutic styles.

Our intimate program will have a maximum of ten participants of all ages and abilities.

Program Details

This immersive training programme will take place over 16 days in the beautiful Sri Lanka, followed by 3 weekend workshops in Altrincham, Greater Manchester on March 7th, 14th, and 21st, 2025 (also available online).

Dates: February 12th – 27th, 2025.

Location:

Lanka Yoga is in the hills surrounding Kandy, a sacred city in central Sri Lanka.

Certification:

Internationally recognised Yoga Alliance Registered 200-Hour Teacher Training.

Investment options:

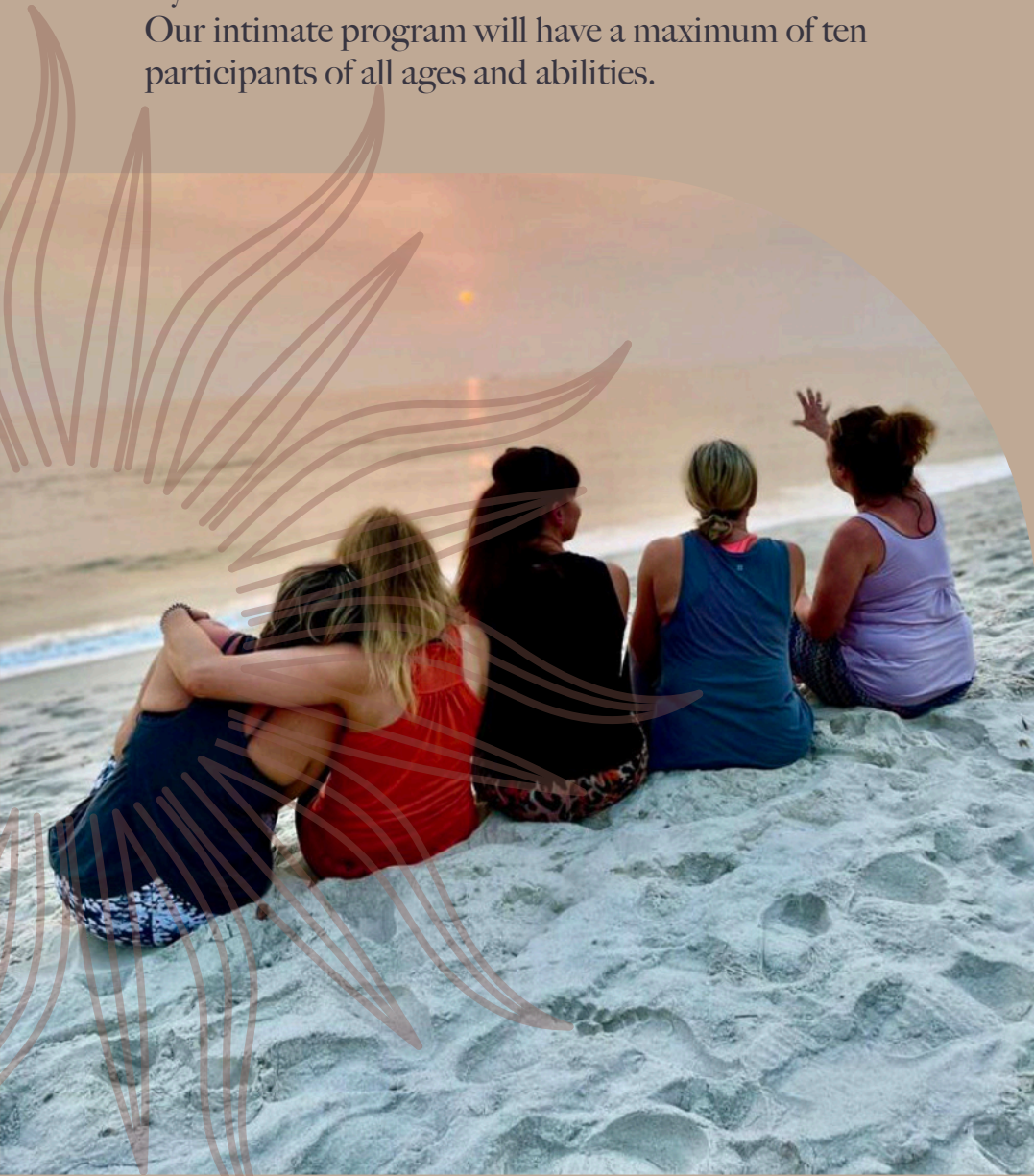
There are different pricing options depending on accommodation type. Payments can be made in instalments with a deposit of £400 required to secure your booking.

Bunk in a shared room: £3,250

Shared twin room: £3,550

Single occupancy king size room: £3,750

Early bird discount - £150 off for bookings made before the end of April 2024!



What the program will cover:

Rooted in tradition, the program has been carefully created to provide an extensive and enriching experience, giving you the skills you need to begin your yoga teaching journey. Our training follows the Krishnamacharya tradition, emphasising alignment, breath, and mindfulness.

Vinyasa

Dive into the art of Vinyasa Yoga, where movement becomes meditation. Build flexibility, strength, balance, and coordination through dynamic sequences.

Hatha

Develop your Hatha Yoga practice, blending movement, breath, and spirit to enhance overall well-being.

Yin

Find your edge through the stillness and depth that Yin Yoga provides. This gentle yet profound practice brings many unique benefits.

Restorative

Stillness is a powerful practice! Enrich your skills with a deeper understanding of Restorative Yoga, helping increase relaxation, improve sleep, and reduce stress.

Additional Topics:

Anatomy:

Understand the body's mechanics and how it relates to yoga.

Philosophy:

Explore ancient texts and the essence of yoga.

Teaching Methodology:

Learn effective teaching techniques.

Weekend Workshops:

After the training, continue your learning journey with weekend workshops at Narali Yoga Studio in Altrincham, UK.

Dates: March 7th, 14th, and 21st, 2025 (also available online).



Our Expert Instructors

Rania, Senior Yoga Teacher, Yoga Alliance



It is a pleasure to introduce our esteemed Studio Director Rania who will be sharing her expertise in Vinyasa Yoga during the Teacher Training course.

Rania, a seasoned fitness expert with 14 years of experience and a decade dedicated to the art of yoga. As your guide in the Teacher Training Course, she seamlessly blends professionalism with warmth, offering invigorating vinyasa practices. Rania's extensive training in various yoga styles, coupled with a deep understanding of massage and personal fitness, ensures a holistic and empowering experience. Beyond the physical, her classes focus on releasing tension, opening the body, and building strength. Join us for an empowering and inspiring adventure, where Rania's expertise imparts technical skills and instils a profound sense of strength and confidence in teaching.

John also known as Jai Shiva, the torchbearer of the ancient lineage revived by Krishnamacharya.

John is a seasoned instructor who will be leading the philosophy segment of our Yoga Teacher Training. With extensive study in both India and the UK, John brings a unique blend of Hatha fundamentals and a strong meditative practice to his classes.

His teaching is a compassionate journey filled with wisdom and love, aimed at helping others find internal space, increased presence, and a deeper connection to the world. Join our 200-hour Teacher Training course, where John will guide you through the profound philosophy of Yoga, enhancing your understanding and teaching skills.





Trish, Senior Yoga Teacher, Yoga Alliance

With more than 20 years of experience, Trish is an expert instructor in both Yin and Hatha Yoga. Trish will guide you through the profound teachings of Yin and Hatha Yoga and explore the intricate anatomy behind the practice. Her practice is informed by her knowledge of traditional Chinese medicine and 5 Element Theory.

Trish has a unique and intrinsic understanding of the body's physical and emotional well-being, how to bring balance and health to an individual's practice, and how to support and inspire others to find the confidence to embrace their own practice. Trish is uniquely qualified to inspire and guide you on your journey to becoming an empathetic and inspirational yoga teacher.



Karen, Senior Yoga Teacher, Yoga Alliance

Karen will skilfully guide you through the restorative section of the program, enhancing your confidence in teaching this rejuvenating practice. Karen creates an inclusive environment where students can move freely, feel good, have fun, and experience the infinitude of possibilities within themselves. She likes to say, "Yoga isn't a practice contained to a mat, nor is it a practice available only to a certain group of people. It is a powerful tool for transformation and healing and should be available to everybody in the world."

Her personal mission in life is to live a life of purpose, fuelled by love, truth, and courage. Karen embodies compassion, warmth, and kindness in all that she does. Yoga found Karen over 12 years ago and the practice immediately resonated. Her teaching is influenced by Restorative, Yin, and Hatha Yoga. She believes that above all, humour is an essential ingredient in yoga and that laughter is the best core exercise there is!





The Venue

The Sri Lankan residence has been purpose built for yoga training and yoga retreats. This incredible facility has lots of open living areas, cosy hideaways, dedicated yoga spaces, lush gardens, abundant tree canopies and is adored by anyone with a deep love for nature.



Nestled amidst the tranquil embrace of the tropical forest, our cozy retreat has been thoughtfully chosen for its comfort, inviting amenities, and serene natural surroundings. This experience will fulfil all your expectations and will welcome you into the start of your yoga teaching journey.

We understand the importance of delicious and nutritious food that supports your mind and body, while also being sustainable for the planet. We serve a delicious chef-designed vegan menu that uses as many local and home-grown ingredients as possible. The food is refreshingly varied, with unique dishes served every day.



Why choose Narali Wellness yoga teacher training?

Amazing Instructors

Any yoga teacher training program is only as good as the instructors. That is why we have selected the very best, experienced instructors, with varied areas of expertise to give you a diverse, creative, and expert-led program.

Comprehensive, bespoke program

Unlike many other teacher training courses, the Narali led program provides extensive instruction in Philosophy, Restorative and Yin Yoga as well as the standard Vinyasa and Hatha Yoga you might expect in a standard training program.

Post-program mentoring

We also provide a bonus 20-hour mentorship program upon completion of the program to help you establish yourself as a yoga teacher.

Yoga Alliance membership

You will also receive a free one-year membership with Yoga Alliance and insurance.

No hidden costs

The program includes everything, from food to accommodation and transportation when we arrive in Sri Lanka as well as the extra 3 weekends in the UK.

What next?

Sign up before the end of April to secure your £150 discount.

If you think yoga teacher training could be for you, but you have more questions before you sign up. To reserve your place, simply email info@naraliyoga.co.uk and we'll be in touch.

Namaste

Testimonials

'Everyone was so supportive and the people I met there will be friends for life'

- Jade



'With Rania's help, her support and her motivation, I am now running my own studio and it is very successful'

- Nadia

