

Yoga Sutra Shala - Yoga Teacher Training Courses



Pricing and what is included:

Depending on the season and the room you choose to stay in, the total cost of the 26-day intensive course ranges from 3,600€ to 5,060€ including:

- Course tuition and printed material (including your certificate)
- Your comfortable, single occupancy bedroom & private en suite bathroom
- Delicious, organic, nutritious, plant-based meals, snacks and drinks
- Use of the facilities: yoga equipment, swimming pool, guest kitchen, library and extensive gardens

Not included are:

- Flights
- Transfers
- Massage treatments
- Saturday lunch, Saturday dinner (all other meals are provided)

At the weekends we offer you optional, complimentary guided hikes/walks and workshops to build on what you have learned.

Your comfort:

Accommodation is offered as single occupancy of beautiful rooms with comfortable beds, central heating, air-conditioning and private en suite bathroom.

Some rooms also have a balcony with inspiring views of the surrounding mountains and countryside.

There is a communal guest kitchen for preparing snacks between mealtimes and classes and there are areas for sitting and for dining – both inside and outside.

Your training will take place in the shala and when possible, outside in the sunshine.

On Saturdays the retreat centre is cleaned. This is the ideal time for guests to explore the surrounding area and enjoy lunch & dinner in one of the local restaurants.

Your nutrition:

All meals are plant-based and are freshly prepared with love by our fantastic chefs, using organic whole-foods and organic local produce.

Spring water, organic coffee and a selection of organic teas, fruits and snacks are also included and available to you throughout your stay.

The local restaurants (within easy walking distance of the retreat centre) offer a range of meals, including vegetarian and vegan dishes, fresh salads and delicious cocas (a local speciality, like pizza). One restaurant in the village – called Ta Casa – prepares meals made from local and organically grown produce.