

An aerial photograph showing a lush tropical landscape. On the left side, there are terraced rice fields with distinct, winding patterns. On the right side, there is a dense forest of palm trees and other tropical vegetation. The overall scene is vibrant green and serene.

cosmos

YOGA TEACHER TRAINING

[COSMOSOASIS.COM](https://cosmosoasis.com)

Welcome to Cosmos Oasis, a place to regenerate, and connect with yourself.

Cosmos Oasis is located on the iconic island of Bali. Our location offers the peaceful ambiance of rice fields and hills, while in close proximity to town and services. You may bask in the serene confines of our compound, taking in the sun and admiring the exotic nature in front of you. Or you can stroll the streets in town, visit the local shops, and sample the highly acclaimed food from various restaurants in the area. Bali has it all, and we offer a truly balanced location.

At Cosmos Oasis our professional yoga teachers instruct daily yoga classes and trainings, inspiring students to delve deeper into their practice, and further their knowledge of yoga.

We invite you to join our Yoga teacher training, on the magical island of Bali. Practice and learn close to the ocean, with black sand beaches to walk upon, and lush rice field landscapes to luxuriate amongst.

Cosmos YTT is a team of passionate, highly experienced and knowledgeable teachers, practitioners and open hearted people. We have joined to create an accessible education platform for prospective students who want to deepen their regular yoga practice, improve their existing teaching skills, or are simply searching for a smooth entry into the world of this ancient tradition.



Our standard yoga teacher training programs are based on the traditional system of Ashtanga vinyasa yoga, aligned with a modern approach towards study of the anatomy and physiology. The results are a comprehensive education that successfully balances the yogic philosophies of spirituality with the modern benefits of health and well being.

WHAT WILL WE DO?

- practice daily yoga asana
- learn and experience benefits of meditation and pranayama techniques
- personally encourage students upon their unique journey of transformation.

Cosmos Asana Lab classes are designed to expand student's basic knowledge of asanas; know when and how to provide safe and necessary adjustments; how to create sensible sequencing; further understanding of yogic architecture that suite the various needs of students and classes.





WHERE WILL YOU STAY?

Sleep is absolutely essential for keeping your body healthy. At Cosmos Oasis we offer comfortably beautiful rooms, where you can fully relax after the training. All rooms are equipped with AC, hot water shower, full closet, and sizeable beds. There is a full size swimming pool conveniently located at the inner garden, and a full service kitchen on the premises.

At Cosmos we are committed to support local people and collaborate with them by creating our tasty and colourful menu. We learn how to take what nature is providing and how to give back by choosing consciously ingredients that are following the seasons and that are grown with less chemicals used in the process. Our chefs in the kitchen are creating food - delicious fusion of local balinese recipes and well known recipes from all over the World, done by using local ingredients.

Our food concept is healthy, tasty, organic and focused on plant based recipes. Juicy tropical fruit, crunchy vegetables, crisps salads and fragrant herbs, home-made peanut butter and healthy chocolate treats... you will fall in Love with the lush and wide range of foods, well deserved Joy to balance your highly focused trainings.

FRESH & ORGANIC



DAILY SCHEDULE

07:00-07:30 Pranayama & Meditation
07:30-09:00 Asana Practice
09:00-10:00 Breakfast
10:00-11:30 Philosophy
11:30-01:00 Anatomy / Methodology
01:00-03:00 Lunch / Self study
03:00-04:30 Asana Lab
04:30-06:00 Practicum
06:00-07:00 Dinner
Self studies





SUNDAY SCHEDULE

Our Sundays are reserved for introducing Balinese traditions and diving deeper into our spiritual practices. These classes will be guided by special guest teachers.



BALI SPIRIT

07:00 - 7:30 Meditation

07:30- 9:00 Introduction to Balinese *Tri Hita Karana* philosophy and use in daily life

09:00 - 10:00 art of making *cha nang*

10:00 - 11:00 Breakfast

11:00 - 03:00 excursion to *Malukat*,

After learning about the Balinese philosophy of life, *Tri Hita Karana*, we will learn the art of making traditional offerings, honouring and celebrating the island spirits. These offerings allow us to set our intentions and live in harmony with the surrounding Universe. At a sacred Balinese water spring we will be guided through the honoured *Melukat* ceremony, which is intended to purify us on a physical and spiritual level, releasing all the unsupportive energies that are preventing us from evolving as a human beings.

This is a truly unique experience and we highly suggest that students take part in this ceremony while in Bali.





SACRED SOUND HEALING

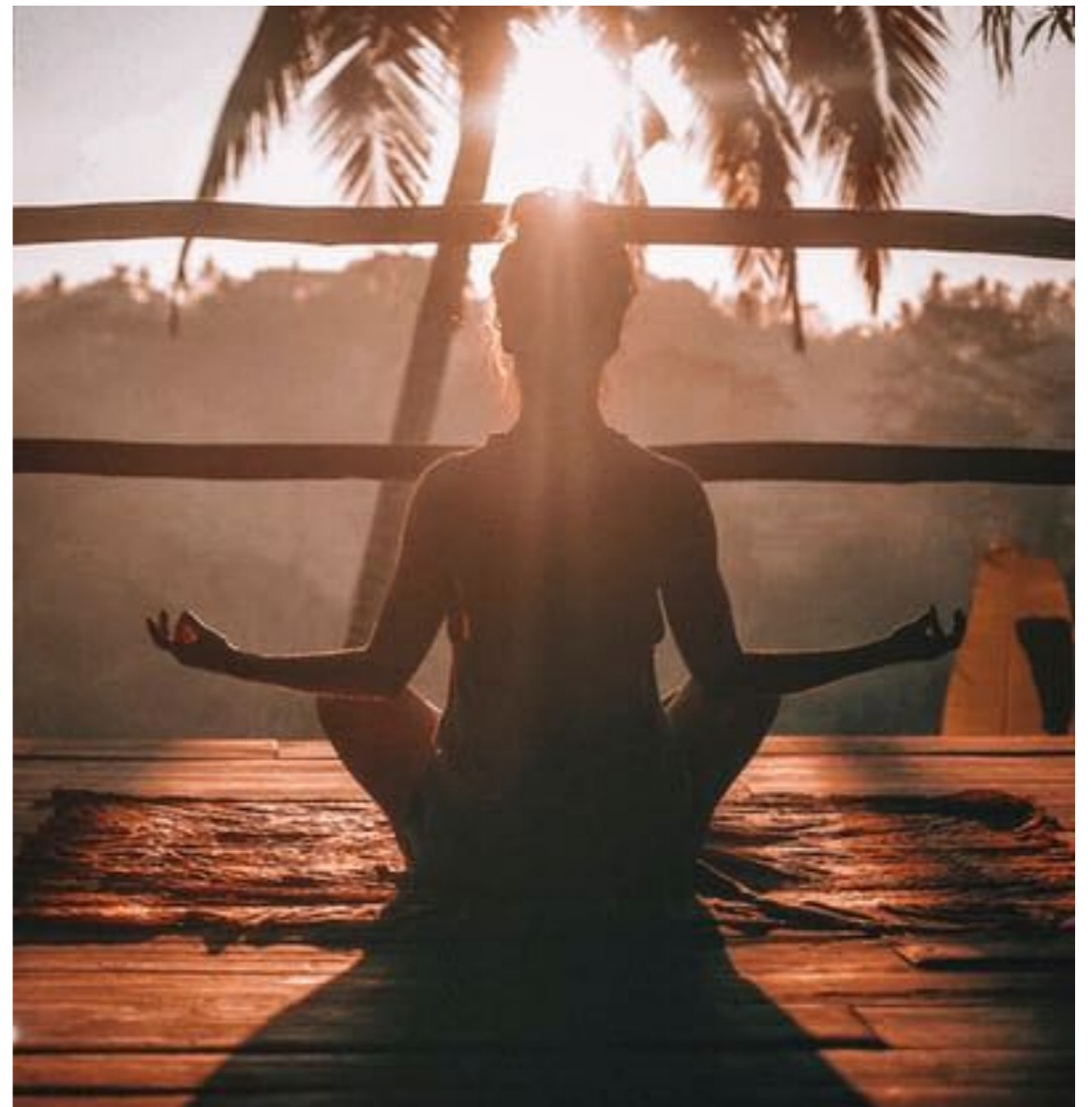
07:00 - 7:30 Meditation

7:30 - 08:30 Breakfast

11:00 - 12:30 Sacred Sound Healing

Sound healing is an ancient practice done in different cultures around the world where people are employing different types of instruments, chanting mantras, or singing bowls to facilitate shifts in our brainwave state.

Certain sounds harmonise our fluctuating brainwaves by providing a stable frequency that we can attune to. By using rhythm and frequency we can connect to our brainwaves, making it possible to shift our normal beta state (normal waking consciousness) to alpha (relaxed consciousness), and even reach theta (meditative state) and delta (sleep; where internal healing can occur).



AGNI HOTRA CEREMONY

Agni Hotra is an ancient fire ceremony, originating from sacred Vedic Hindu texts. In past centuries the tradition of *Agni Hotra* in Bali was embraced and fused with spiritual rituals. Today there is a revived interest in the practice of *Agni Hotra*, promoting its unique and powerful healing effects.

Specifically, *Agni* translates to fire, and *Hotra* means healing. This healing fire ceremony is considered one of the highest Vedic rituals. Specially trained priests make offerings of ghee and grains into the fire while reciting Sanskrit mantras to invoke blessings of health and abundance.





PROGRAM CONTENT:

- Daily asana, meditation and pranayama practices
- Anatomy, philosophy and history of yoga
- Asana Labs: in detail exploration of alignments and energy patterns
- Practice of *Kriyas* (purification technics)
- The art and science of sequencing (*vinyasa krama*)
- Safe adjustments
- Using of yoga props
- Basic Sanskrit
- Yogic diet
- How to find your voice as a teacher
- How to take the struggle out of yoga for ourselves and our students
- Adapting yoga to individual needs (health, age, culture, etc)
- Energetic anatomy and developing sensitivity to the needs and constitution of students
- Restorative practice
- Yoga flows for healthy women's cycle
- Teaching Practicum
- Teaching Ethics
- Introduction to Balinese philosophies and traditions
- Sound Healing
- *Melukat* Ceremony





OUR TEACHERS:

Irena Bartolec is an Authorized KPJAYI (since 2014) yoga teacher, and head of the Ashtanga Yoga Mysore Program at True Love Yoga Studio in Bali, Indonesia. Irena has accumulated 15 years of extensive teaching and management experience in the fields of Yoga, Health and Wellness, and Mindfulness.

Irena had the rare opportunity to personally learn about yoga and mindfulness beside a carefully curated group of noted and revered spiritual teachers and masters. Her search for knowledge has taken her all over the world, from India to Colorado, Europe to Asia, Central America to Hawaii. She remains committed to spending time with teachers whom she admires, and they dutifully inspire her teaching path like Sri. K. Patthabi Jois, Sharat R. Jois, Rolf Naujokat, Richard Freeman, Lino Miele, Nancy Gilgoff, Eddie Stern, Dr. Jayashree and prof. Narasimhan.

She got Master of Science in Kinesiology degree from the University of Zagreb, Croatia in 2004 where she graduated with Master's Degree theses in Physiology on topic: "Influence of yoga on cardiovascular and respiratory system".

This extensive education gives Irena a strong platform to teach different level of classes and meet her students individual needs. She is fully versed in anatomical studies, various physical therapy programs.

Since 2014 Irena calls Bali her home. She lives here with her daughter.



OUR TEACHERS:

Ritesh Patel has been successfully working in the health and wellness industry for 18 years. Initially trained as a graphic designer, in 2003 Ritesh pivoted to focus on teaching yoga full time.

In 2005, to further his yogic studies, Ritesh attended a Thai Yoga Bodywork course under the guidance of Prabhat Menon from The Sunshine Network in New Zealand. A traditional Thai yoga massage technique, this Ayurvedic technique combines the principles of energy balancing, stretching, acupressure and yoga exercises to make it a powerful massage therapy.

In 2011 Ritesh completed Yoga Teacher Training course under the guidance of Swami Veda Bharati from the Himalayan Yoga Tradition, and in June 2014 Ritesh obtained a Stott Pilates Certificate, which allows him to teach pilates for personal and group training.

Ritesh has been teaching Anatomy, Pranayama and Yoga Philosophy at respected yoga schools and TTC's in India and Bali.



YOUR INVESTMENT **3700\$**

WHATS INCLUDED

- Daily trainings, meditations, workshops
- Accommodations (single room extra charge)
- 3 meals a day (big breakfast, light lunch and dinner)
- Transportation from/to airport
- Sound Healing
- Fire Ceremony
- Water Ceremony
- Internationally recognised
Yoga Alliance Teacher Certificate



All body types, ages, cultures, sexual orientations, genders, experience levels and backgrounds are welcome at Cosmos Yoga Teacher Trainings.

Our training spaces are curated to make our programs intimate and personal. At Cosmos we want to support your yoga practice, constructing a safe and transformative practice space, using principles from the great traditions, and stepping into the mission of sharing this beautiful practice with others.

NAMASTE!





APPLY NOW