

Parahita



## ***25 Days Yoga Teacher Training Course***

**Frequently Asked Question**



We know you might have a lot of questions before starting the journey with us, and we are so happy to be able to answer all of your questions

# COURSE INFO

**Q** *Do I become a registered Yoga Alliance teacher straight away after completing the course?*

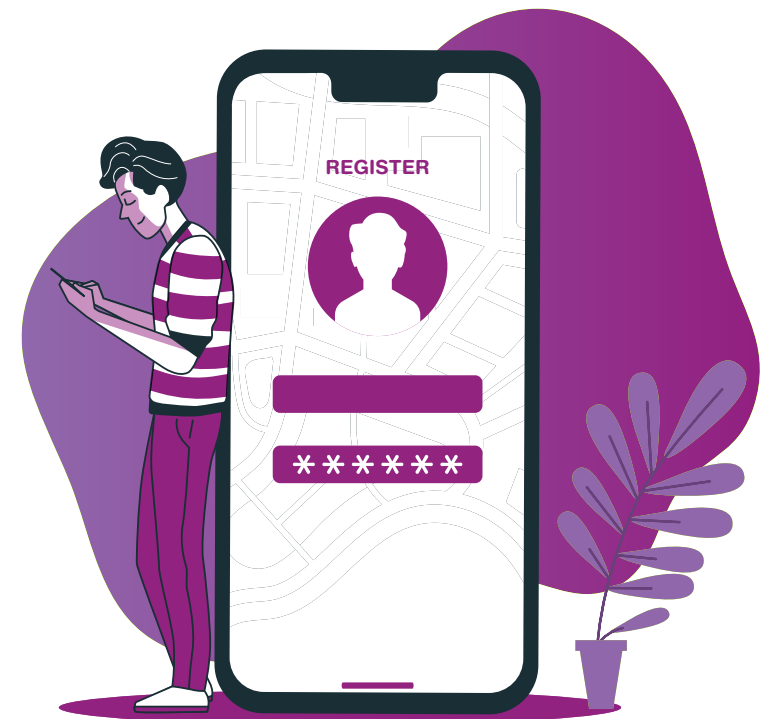
**A** Our school is an international certified yoga school accredited by Yoga Alliance, upon you finish your training, you will get a certification to register in Yoga Alliance

**Q** *I have to register myself?*

**A** You need to register by yourself, however we will happy to guide you anytime you need.

**Q** *Can I use it to find a job immediately?*

**A** Upon you register in Yoga Alliance, you will be able to teach around the world.



# COURSE INFO

**Q** *Also is the area good for exploring as well or no time for this?*

**A** During your teacher training you will get 1 day off, so you will be able to explore all the area in Lovina or Gianyar, you can find the surrounding area in this brochure too

**Q** *The transportation from and to the hotel, do we get any details and info before arrival, never been to Bali and will travel on my own, feeling a bit unsure?*

**A** We understand that when we are in a place we have never visited, surely we will feel worried. However, You don't need to worry our course is including pick up and drop off service from the airport. one of our drivers will wait at the gate and holding a sign with your name on it, just send us all your details :)



# COURSE INFO

**Q** *How skillful do you have to be at yoga to join the course?*

**A** During the course, you will have asana (physical yoga) practice every morning. We suggest that students have some form of daily asana practice. If you just try yoga, you may need to give yourself a few month practice, if you have regular yoga practice then you are ready anytime. An advanced yogi is not a person who can do advanced postures, an advanced yogi is someone who does yoga with a willingness to learn, an understanding of the limit of their own body and maturity. This course is not only for aspiring teachers but also for the anyone who wants to deepen their practice, this course will give the experienced yogi a new perspective of yoga.



# COURSE INFO

**Q** *How much is the cost of Parahita Yoga Teacher training?*

**A** The cost of Parahita Yoga teacher training is \$ 3200 USD. This includes your tuition, certificate, and also private accommodation, all day meals, transport shuttle, but doesn't cover flights and personal expense. We offer shared accommodation option for \$ 2600 USD, and other budgets that could suit to your need.

**Q** *How much I need to pay to hold a place?*

**A** You can enroll with 20% of the price as deposit, the remain of the payment is due a month before the training starts.

**Q** *Is the deposit refundable?*

**A** The deposit is non-refundable, however it can moved to another course, if you booked a training and were unable to attend that month we could move the deposit to any of our event within the next 12 months for you.



# COURSE INFO

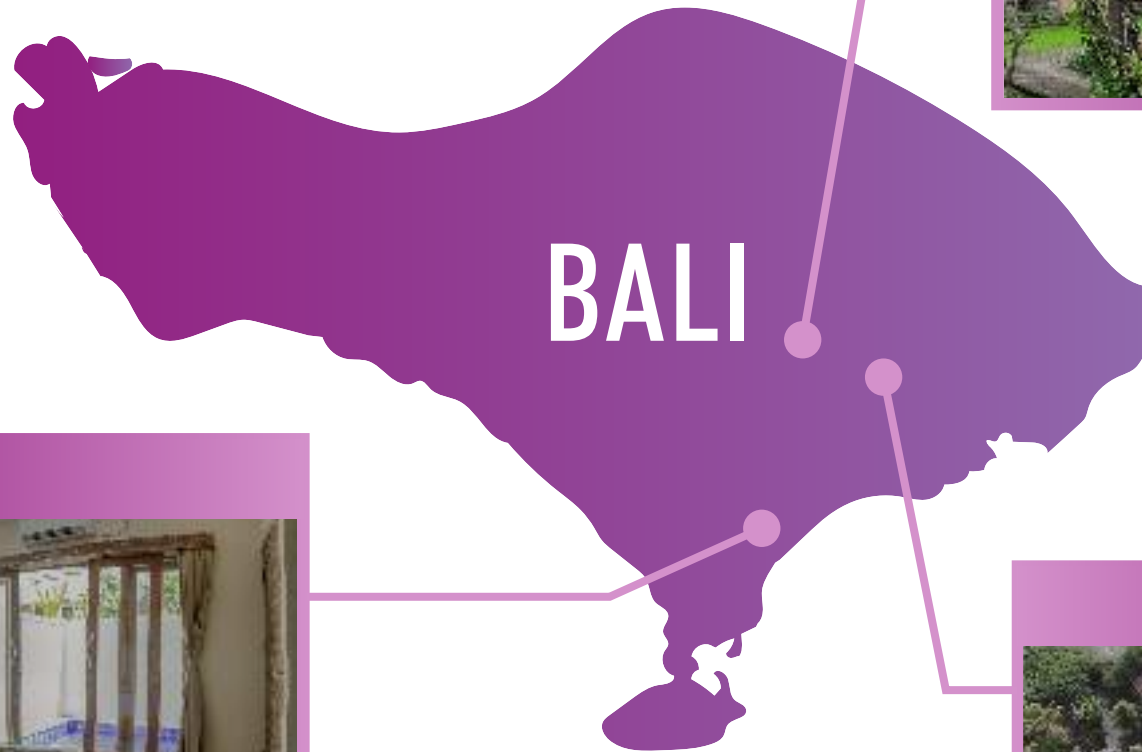
<b>LOCATION</b>	<b>ROOM TYPE</b>	<b>EARLY BIRD</b>	<b>NORMAL</b>
<b>BONA / UBUD</b>	Mixed Dormitory Room	US \$2400	US \$2750
	Shared Twin Room	US \$2600	US \$2950
	Private Double Room	US \$3200	US \$3700
	Couple Private Double Room	US \$5000	US \$6000
<b>SANUR</b>	Private Villa	US \$3500	US \$4000
	Share Room Large	US \$3200	US \$3700
	Share Room Small	US \$2600	US \$3000

All Includes : Accommodation, Daily Breakfast, Complimentary Lunch & Dinner, 1x Balinese Massage, Airport Pickup & Drop Off Service.

# LOCATION & TRAVEL

**Q** *Where is the training location?*

**A** We have three incredible locations in Bali  
You can choose one of these beautiful places



**UBUD**



**SANUR**



**BONA**





# LOCATION & TRAVEL



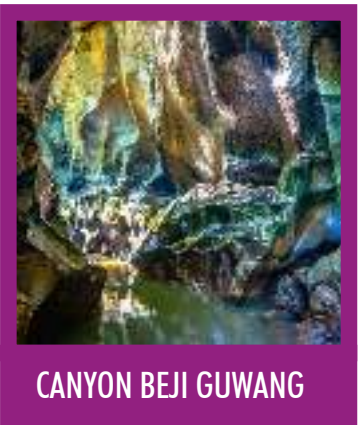
## **BONA**

During the training, you will stay at the beautiful Bona Village Bali, Located in Gianyar on the lush green rice field with a beautiful view of both sunset and sunrise surrounding by rice fields and cornfield, very peaceful, and calm. Only takes 45 minutes from the airport, 15 minutes to the famous tourist destination of Ubud and 10 minutes from the beach. Relax your mind, body, and soul with staying in Bona Village Inn and make your holidays become completely unforgettable moment ever.

# LOCATION & TRAVEL

## WHAT'S NEARBY

These are popular locations you can visit nearby



And many more..

# LOCATION & TRAVEL



## UBUD

Located in central cultural site of Bali, Monkey Forest road it is only 5 minutes walking to the centre of Ubud, the palace, excellent restaurants, art shops, art markets, museums, temples and art performances, like Balinese traditional dances. You will stay at Parahita KampungUbud, a Balinese style Bungalow with private veranda and beautiful pool.

# LOCATION & TRAVEL



## **SANUR**

During the training you will stay in a Private villa located in Sanur, a 7-minute drive from the white sandy Sanur Beach. The property offers spacious accommodations with private pools. The villa is just a 5 minute walk from the traditional market that provides the freshest vegetables, fruits, and herbs in the heart of Sanur area. Sanur Beach is the best place to enjoy the sunrise, where you may find a complex of art shops, boutiques, and restaurants.

# LOCATION & TRAVEL

## WHAT'S NEARBY

These are popular locations you can visit nearby



SANUR BEACH



KUTA BEACH



RENON SQUARE



GARUDA WISNU CULTURAL PARK

And many more..

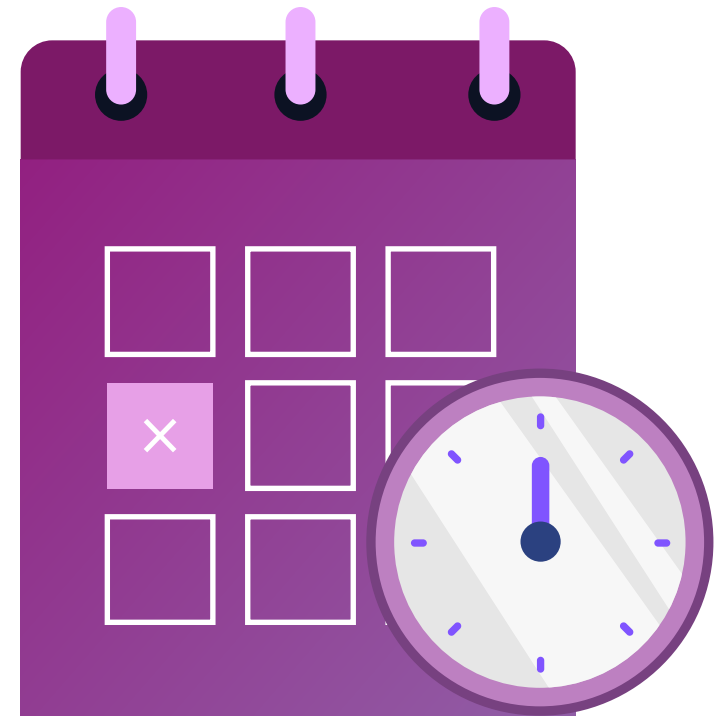
# LOCATION & TRAVEL

**Q** *What time should I get to the hotel and when does the course start on Day 1?*

**A** Our RYT-200 Trainings start at 7 am on Day one, and the day after. Most students arrive the day before so they have time to settle into their accommodation and find their bearings etc.

**Q** *What time does the course finish on Day 25?*

**A** The RYT-200 course ends at 9 am on Day 25 - and most students get together somewhere special afterwards for a celebratory meal and goodbye.



# LOCATION & TRAVEL

**Q** *How is the weather in Bali?*

**A** Bali is a tropical island, average year-round temperature stands at around 30°C with a humidity level of about 85%. The dry season is March to October, November to February is wet season. Even during wet season it is still hot, and the rain generally comes in short, you will still get your sunshine.

You can find out more about the average temperature /humidity/rainfall weather each month here [https://www.bali.com/news\\_weather.html](https://www.bali.com/news_weather.html)

**Q** *What is the currency in Bali?*

**A** The currency for Bali is Indonesian Rupiah. You can check the exchange rate to your local currency here <http://www.xe.com/currency/idr-indonesian-rupiah>

