

Yoga Sutra Shala - Yoga Teacher Training Courses



Pricing and what is included:

Depending on the room you choose to stay in, the total cost of the 26-day intensive course ranges from 3.600 € to 4.400 € including:

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

Not included are:

- Flights
- Transfers
- [Massage treatments](#)

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.

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.