

Yoga Dunia In Canggu Provides The Best Yoga Training



Yoga Dunia in Canggu, Bali, is one of the best yoga training programs on the Nusa Lembongan island. Our **yoga instructor training** program in Bali provides a high-quality yoga training program while guaranteeing affordable prices. Dynamic and static yoga styles, teaching methodology, and a teaching practicum are all covered in our intensive yoga training retreat programs. Our yoga training Nusa Lembongan programs go above and beyond the Yoga Alliance requirements for the 200-hour Bali yoga teacher training and the Yin Yoga course program. Various classes offered at Yoga Dunia include Hatha, Vinyasa, Yin, and Restorative Yoga. The studio also offers meditation classes and workshops on topics such as Ayurveda, nutrition, and anatomy. In addition to yoga classes, Yoga Dunia also offers accommodations in

the form of bungalows and a guesthouse. These accommodations are designed to provide a peaceful and serene environment for guests to relax and unwind during their stay. Our [yoga canggu](#) is an excellent way to unwind after a long day. Join us in this journey of self-discovery to meet people who share your interests from around the world.

1. 200-Hour Yoga Teacher Training: This program is designed for beginners who want to become certified yoga teachers. The training covers the fundamentals of yoga asanas, pranayama, meditation, and teaching methodology.
2. 300-Hour Yoga Teacher Training: This program is for experienced yoga teachers who want to improve their practice and teaching skills. Advanced asanas, sequencing, adjustments, and philosophy are all covered in training.
3. Yin Yoga Teacher Training: This program is designed for those who want to specialize in Yin Yoga, a slow-paced style of yoga that targets the connective tissues and joints of the body. The training covers Yin Yoga asanas, meridian theory, and sequencing.
4. Vinyasa Flow Teacher Training: This program is intended for those interested in specializing in Vinyasa Flow Yoga, a dynamic style of yoga that synchronizes breath with movement. The training covers Vinyasa Flow asanas, sequencing, and teaching methodology.

All of these programs are taught by experienced and certified yoga teachers who provide individual attention to each student. The training also includes daily yoga classes, meditations, and workshops on the anatomy, philosophy, and business of yoga. Additionally, Yoga Dunia is located in a beautiful setting with a garden and swimming pool, making it the perfect place to immerse yourself in yoga and nature.