

your guide to start your

200H Yin & Vinyasa Teacher Training



become your own hero

balanz~s

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to your heros journey

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all kind & real people

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to guide you through

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“

**"Yoga is the
journey of the self,
through the self,
to the self."**

”



welcome

Woohoo! You are about to decide if you take the next step in your yoga practice, by deepening the knowledge or even to become an inspiring teacher. This makes us very happy, because this means you are eager to spread the beautiful gift of yoga to others and make more people smile.

Led by a team of Senior Teachers, our 200-hour yoga teacher training is one of the most unique and comprehensive courses available. Our yoga teacher training program is a grand adventure that takes you deep inside your physical, energetic and spiritual self.

To accomplish this, we have designed two special modules.

The first module is for the passionate yogis who would like to deepen their yoga practice. Personal development is the main focus of module I.

Our second module is for yogis who want to take the next step and become yoga teachers.

The development of teaching skills is the main focus of module II.

Together, the modules will:

- Help you to get closer to your true self
- Assist you as you unfold your gifts and discover your inner strength
- Support you in mastering the teaching tools needed to share your gifts with the world

who we are



If you're new to the Balanzs community, NAMASTE! We're so happy to have you here.

Kindness comes first at Balanzs. There is already so much to do in daily life, so nothing is a must for us. Except enjoy a nice yoga class and to be kind.

Your go-to place to turn your frown into a smile. To be more kindful to yourself and therefore to spread kindness. We are the expert in yoga & meditation in the Netherlands. Down to earth. Sparkling. With extensive facilities in all our studios. Where you will be taught by the best & kindest teachers.

It is our dream to make the world more kind(!) healthier, more relaxed and happier with yoga, meditation, positivity and kindness.

That is why Menno & Zsoka Bernard Balanzs started in 2011. What started as 1 studio in The Hague, with a few teachers, has now grown into a team of more than 100 yoga teachers, marketers, karma yogis, therapists & community managers.

We even have our own Kindfulness Foundation to spread free yoga to everybody. Together we hope that we can make the world just a little bit better. So that there is more fun. More laughter. More compassion and more kindness. We hope to see you soon.

teachers



Zsoka

This is me in 3 words:

Eternal optimist, vibrant, entrepreneurial

Things that make me smile:

Selfless acts of kindness and of course chocolate

I teach yoga because:

I truly believe that yoga and meditation makes you happier, healthier and kinder. More yoga equals more kindness equals a better world for all.



Dong

This is me in 3 words:

To-the-point, playful, down-to-earth

Things that make me smile:

Being connected with myself, with others and nature

I teach yoga because:

I am keen to inspire people to discover their own healing power, life energy and self-love



Angelique

This is me in 3 words:

Happy Healthy Yogimum

Things that make me smile:

Being around lovely people, traveling, good food, chocolate and of course A good yoga class

I teach yoga because:

It's the best 'job' to have and it brings me joy and energy!



Tamara

This is me in 3 words:

Energetic, carrying, happy

Things that make me smile:

Happy people around me, a nice warm yoga class, my kids

I teach yoga because:

I want to bring health, love, joy and happiness into the world. I want to share things that helped me to become a more happy and balanced person. Sharing is caring.



Andre-Louis

This is me in 3 words:

Hello beautiful yogi!

Things that make me smile:

My 2 boys, good coffee, kindness, my own jokes (laugh more than smile), sunshine! The ocean, the wifey's smile and chocolate

I teach yoga because:

I love to see people bloom into more than they thought possible.



Katherine

This is me in 3 words:

Enthusiastic, creative & curious.

Things that make me smile:

Quality time with the people I love, cuddles with my cats and taking time out to follow a yoga class!

I teach yoga because:

I'm passionate about making yoga practice something that's accessible yet challenging for everyone.

These are our senior teachers from balanzs. Combined they have over 100 years of yoga experience. They will bring not only extensive knowledge of yoga but also have a background in Traditional Chinese Medicine, coaching, body work, anatomy and more.

Zsoka Bernard is the owner of the Balanzs studios. She fell in love with Yoga 15 years ago and has since then followed numerous teacher trainings, workshops and programs. Zsoka is E-RYT registered at Yoga Alliance. Zsoka has a Master of Science degree in International Business and by founding Balanzs she can finally combine her business zest with her passion for yoga. She will share her knowledge on the Business of Yoga and is very happy to lead the integration into silence retreat.

Dong has been working as a devoted Shiatsu therapist and yoga/Do-in teacher since 2012. Dong finished Classical Shiatsu Therapy and Do-in Teacher Trainings led by master Alan Nash and Anushka Hofman at NSKS.

The following Instructor Trainings of Universal Healing Tao with grandmaster Mantak Chia have brought all the pieces together on a comprehensive bedding. Continuously deepening her knowledge and practice in TCM keeps Dong always inspired and refreshed.

Dong is fascinated by the intelligence of our body and also derives her inspiration from the Western medicine. She got her master degree in Early Childhood Psychology and Education in China many years ago. In July 2016 she completed her deepening training in Anatomy, Physiology, Pathology and Psychology at Shenzhou Open University for TCM. Connection between East and West, ancient wisdom and modern knowledge, depth and simplicity, structure and creativity, serious learning and having fun is the characteristics in her teaching.

Angelique says: “I am a Dutch yogini, a former nomad, an ex-traveller and now a proud yogi-mum of two boys on an everlasting journey called life! Through my yoga practice I learn about myself. I have learned to become more conscious: being the observer of my thoughts. I am not a saint. I like wine and I love chocolate cake and I am pretty sure I tend to judge from time to time. What I find important is being the best version of myself. I don’t practice yoga to get better at yoga, but I practice yoga to get better in life: trying to cultivate a peaceful, kind-hearted, attentive presence that permeates my daily actions.

I believe we can only grow in life if we are willing to step out of our comfort zone!” Angelique will lead you to explore the beauty and wisdom of Vinyassa yoga.

Katherine: I studied Anatomical Sciences, BSc, in Dundee University in Scotland and during this I did human dissection of all the physical layers of the body in many different types and builds of people. I then went on to a Masters and PhD in Stem Cell Biology and Genetics - so I base my practice and teaching on Biology and Anatomy. I've practiced yoga-movements myself since 2008, but it wasn't until my first Balanzs classes in Mariniersweg in 2014 that I really started feeling the asana-bug. I hope we can go into depth about human anatomy, variations in bodies & shapes, anatomical considerations for all yoga poses/shapes and specific alignment in vinyasa-flow and yin sequences. I will also highlight differences between poses and anatomy in a yin or a yang class setting.

Andre-Louis: South African born, with a background in representative rugby, I found yoga in 2011 and have practised ever since. It also lead me to teaching soon after in 2012. My misconceptions about yoga were shattered with a Power Yoga class as an introduction. I discovered it to be the perfect balance of physicality and mental strength. Since then i have learnt that yoga is far more and at it’s core a ‘self management tool’. A tool that allows investigation and integration of body, mind and spirit. It is unbound and allows each person to engage on a level that suits them. Somewhere in between there will be some laughs, maybe some tears and who know, there might just be some insight into Self.

Yoga styles: Vinyasa, Power, Hot Yoga

Tamara's “heroes journey” started in 2014 when for the first time, she stepped into the Dutch Classical Shiatsu school in The Hague. At that time she never planned to become a shiatsu therapist or a teacher. But since that moment her life started to change completely. She left her old job as corporate lawyer end 2016 and started her Qinerky business in June 2017. In that year she finished her own Balanzs Teacher Training and also got a diploma for teaching Do-In yoga (the Tao version of yoga, some call it self-shiatsu). Now she is a yoga teacher and full time shiatsu therapist. Five Elements and the Traditional Chinese Medicine transformed her life. "I ‘ve learned to listen to my body and became more aware of how much wisdom our body has. From a pretty much active type of life I became a big fan of Yin yoga that brought me more connection and softness. Working and living by the five elements can be such an enrichment to our lives. This is my mission, to open the path for you towards more healing and a better, healthy and happy life."

what we value



lifelong **COMMITMENT**

Lifelong
commitment to
learning,
practicing and
sharing



self **EXPRESSION**

Authentic self-
expression both as
a person and as a
teacher



apply **WISDOM**

Practical
application of
Western and
Eastern wisdom
both on the mat
and in daily life



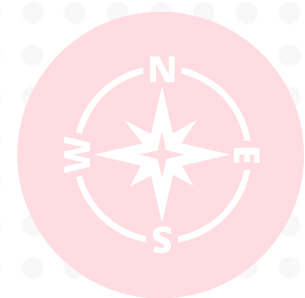
art of **TEACHING**

Development of
teachers who are
strong in the science
of yoga and the art of
teaching



shine **YOUR LIGHT**

Shining your own
light and being a part
of nature



life is an **ADVENTURE**

Viewing life as a fun
and bold adventure



is this you?

checklist

module I

- ☐ I want to deepen my knowledge about yoga
- ☐ I am passionate about yoga and movement
- ☐ I am open for a new experience in my life

module II

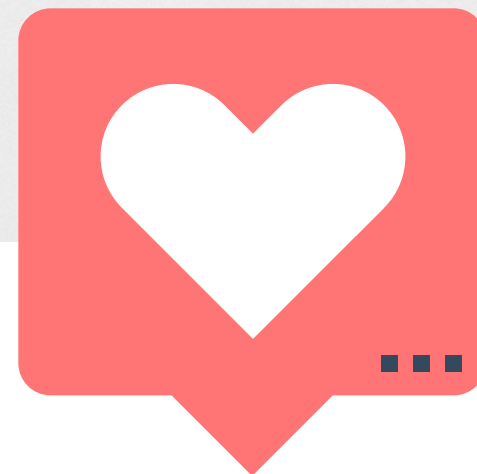
- ☐ I have finished module I
- ☐ I have at least 1 year of personal body & mind practice

What (yoga) admission requirements do you need?

Our modules are accessible for all passionate yogi's, body & mind workers and practitioners with a HBO/BSc thinking level and at least 1 year of personal & mind practice. For both modules, the exam requirements are 2 – 4 hours of self-study per week.

If you have any questions about your eligibility, please contact our team.



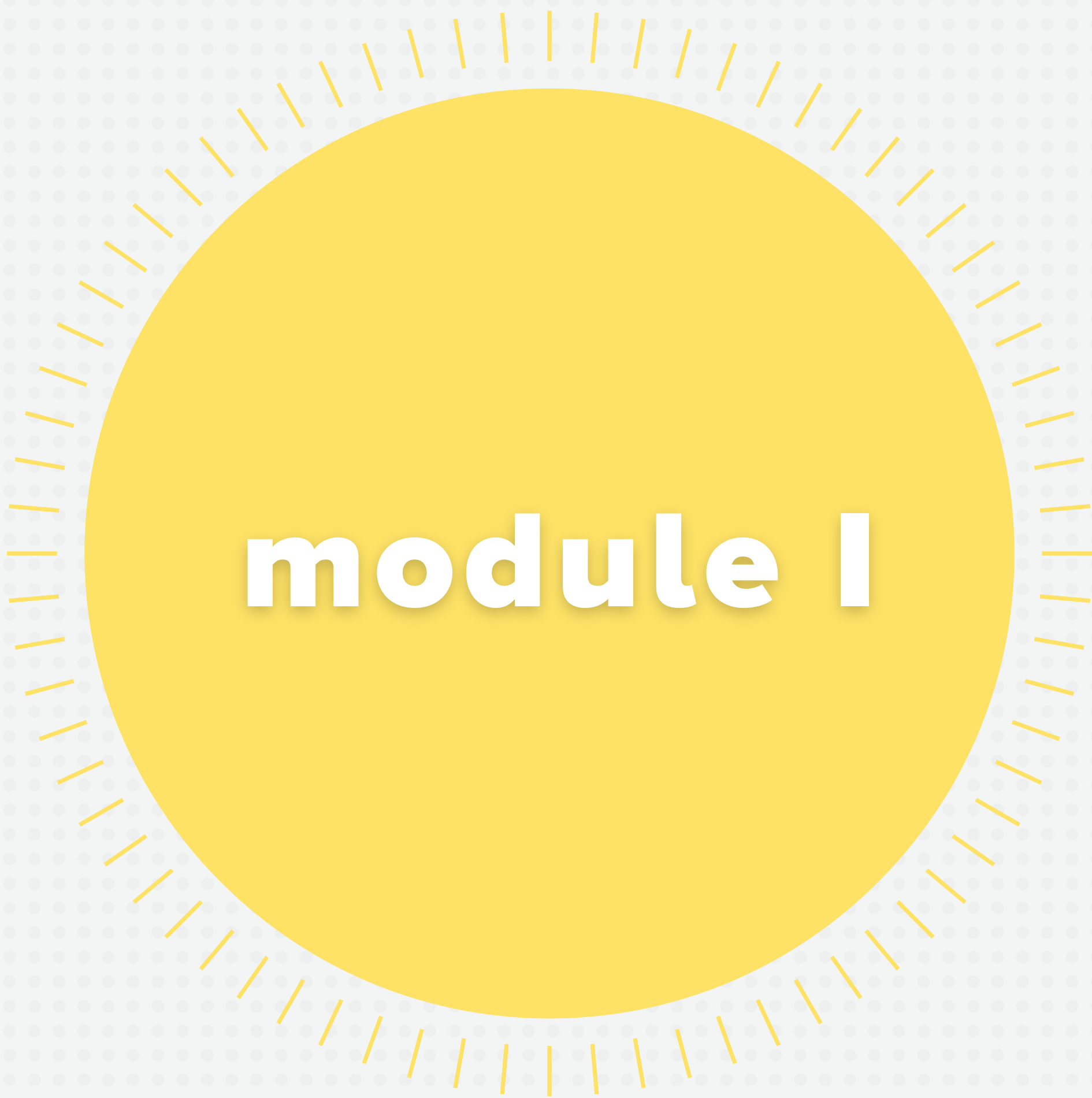


KIND WORDS

"Tnx dear teachers,
For your excelent guidance,
support & listening ear. The hero's
journey became an even bigger
transformation for me personally.
In which I have grown and had
difficulties. Still I am proud of
where I got with your help.
Cheers, Patrick"

—PATRICK VAN EFFEREN





module I

module I

Answer the call to adventure,
magnify your practice (85 hours)

weekend 1



get grounded into the body

In this weekend, you will get acquainted with the Yin and Yang (Vinyasa) aspects of yoga. You will begin to build a strong base of knowledge of: Anatomy and Physiology and the basic theory of Vinyasa yoga and Yin yoga. We will enjoy a short introduction in the history of yoga and explore and the different branches of yoga, with special emphasis on the 8-limbed path. You will be introduced a selection of Yin and Yang (Vinyasa) asanas and sequences as well as bandha, pranayama & drishti. You will also be introduced to Daoist philosophy and Chinese medicine. Also covered are Qi, Yin and Yang, and Dan Tian/Hara. This weekend focuses on the Earth element in Yin yoga. You will learn about the element's organs and meridians and their physical, mental, emotional, and energetic functions.



weekend 2



energy: beyond and within the body

In this weekend, we will focus on the foundation of the Lower and Upper Extremities including: the shoulder girdle and the pelvis & hip joints. We will cover the most important muscles, bones and tissue, and how these structures work in the practice. You will also learn proper alignment within asanas. In addition, you will learn even more Yin and Yang (Vinyasa) asanas and sequences. In Yin yoga, we will further explore the energetic body, learn the theory of 5 transformations/elements, the systems of organs and how they link to yoga, Western medicine, and psychology. This weekend focuses on the Fire and Metal elements in Yin yoga. You will learn about their related organs and meridians and their physical, mental, emotional, and energetic functions.

in these coming weekends you'll start to question what yoga really means to you, you'll create your own unique insight and explanation.

weekend 3

back to the source

In this weekend, you will learn more about Yoga history and philosophy. You will be introduced to the Sanskrit language and we will have a beautiful exploration of the Chakra system. The anatomy section will focus on the structure and functions of the spine and the core and its relationship to stability and balance. We will learn additional Yin and Yang (Vinyasa) asanas and sequences, including proper alignment in asana's. This weekend focuses on the Water element in Yin yoga. Also covered are its related organs and meridians and their physical, mental, emotional, and energetic functions.

weekend 4

yoga in the western world

This weekend will cover the topic of how Yoga came to flourish in the Western world. As always, you will learn additional Yin and Yang (Vinyasa) asanas and sequences and pranayama practices.

The anatomy section of this weekend will cover part two of the Lower and Upper Extremities, including: the knees & ankles and the fore arms & wrists. We will cover and the most important bones, muscles, and tissues and how these structures work in the practice. You will learn proper alignment within asanas. In Yin Yoga, we will focus on the Wood element. Also covered are its related organs and meridians and their physical, mental, emotional, and energetic functions.



boom chakra lacka



I seek experiences
that nourish me,
I am at peace.

I trust my intuition,
I am in touch
with me.

I have a right to
speak my truth,
I know when to listen

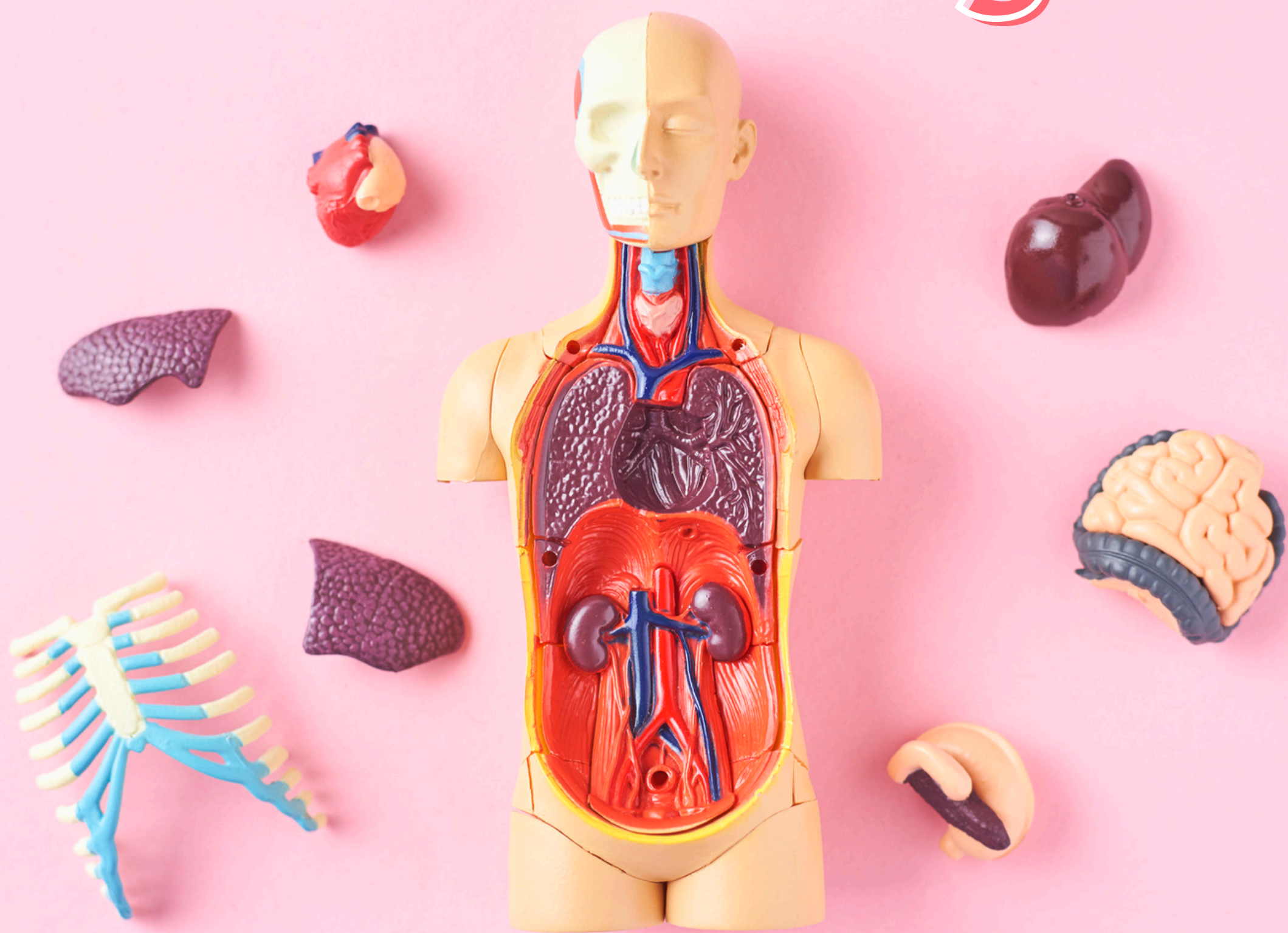
I am open to love,
I accept things
as they are.

I am strong and
courageous,
I direct my life.

I love and enjoy
my body,
I am passionate.

I feel safe and secure,
I am open to
possibilities.

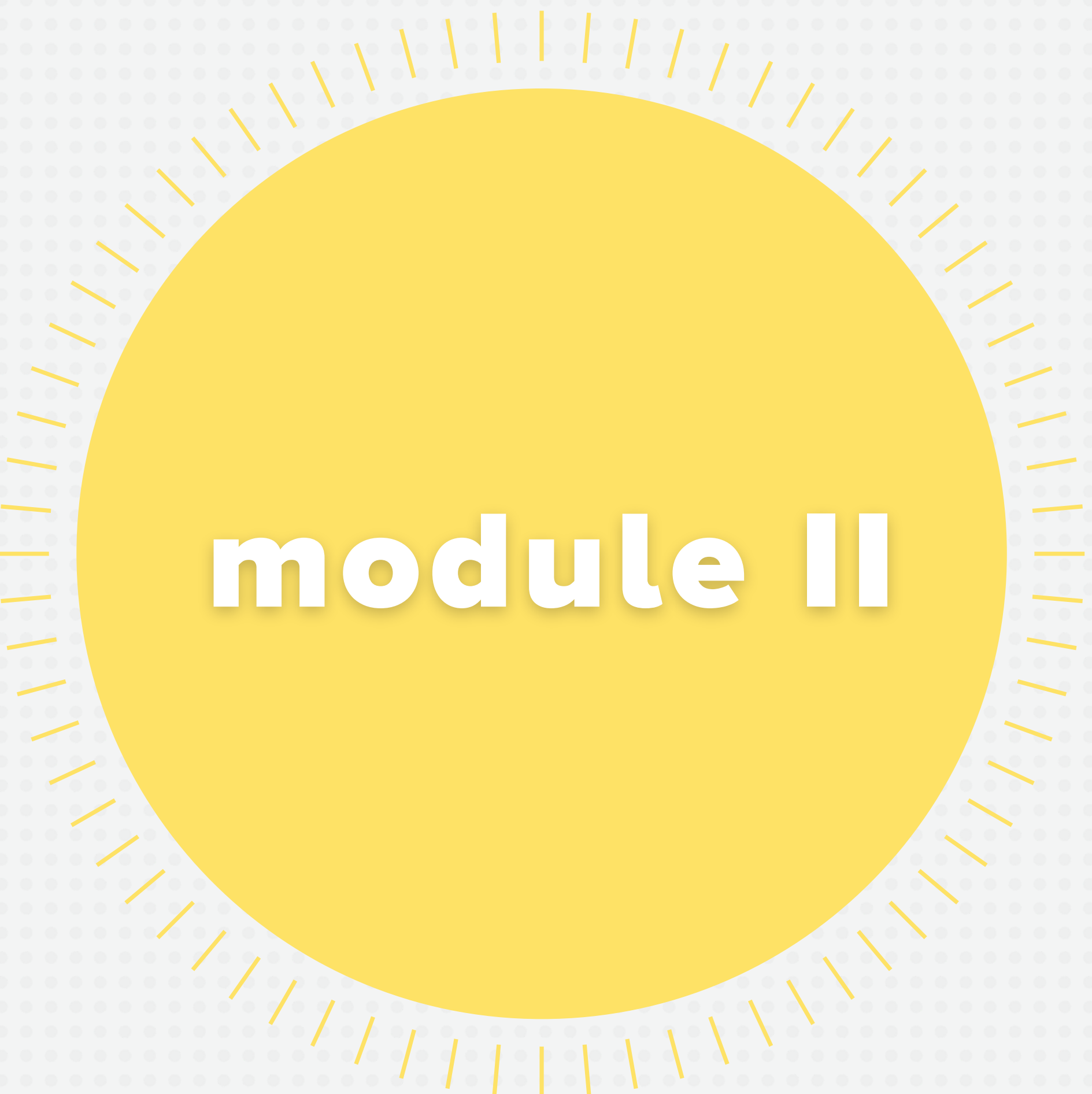
anatomy



a deep dive into the body

The topic of anatomy will be discussed every weekend. It will be in line with the practice and theory that is covered that weekend. Anatomy is the study of the in- and outside of the body. Anatomy notes the position and structure of organs such as muscles, tissue and bones. Anatomy may seem complicated at first (if you are new to this) but! eventually it will fall into place and you will work yourself through the exam effortlessly.

be kind
to your body



module II

module II

Unite two worlds,
transform to an inspiring teacher (115 hours)

weekend 5

back to basics and more

To start module 2, we get back to basics.

Expect a full review of all you learnt in module 1 and a broad baseline of all we will cover during module 2. You will be given the fundamental elements to start teaching a class yourself, based on the knowledge gained in module 1.

weekend 6

let yourself be heard

During this weekend you will uncover your unique voice and teaching style. You will also learn tips and techniques for effectively using your voice while teaching. We will go deeper into the practice of Vinyasa yoga, its history and benefits. You will learn how to get into and out of asanas and what to feel in an asana (joints, muscles, and tissues). In the anatomy part, you will learn how to prevent injury in the upper extremities and how to use alternate asanas for existing injuries. Also covered are the basics of tissue repair. We will also deepen our practice of Yin yoga, its history and benefits. You will learn: how long to stay in an asana, how to get in and out of Yin asanas, and what to feel in an asana (meridians, organs, joints, muscles, and tissues). During this weekend, you will begin teaching select Yin and Yang asanas.

weekend 7

safe and effective teaching

This weekend focuses on the principles of respiration (breathing). You will learn how to lead a Yin and Yang (Vinyasa) yoga class. You will also learn how to give safe and effective hands-on adjustments and the correct use of props. In the anatomy part, you will learn how to prevent injuries in the spine and lower extremities and how to use alternate asanas for existing injuries. Also covered are alternative and variations of Yin and Yang asanas. During this weekend, students will again teach a selection of asanas.



challenge yourself

weekend 8

art of teaching

We will challenge you during this weekend. You will co-teach a class at one of the Balanzs studios with one of our experienced teachers. This weekend focusses on the 'art' of teaching.

weekend 9

face challenges

. During this weekend, we will explore how to handle challenging situations that can arise before, during, or after classes. We will also explore a variety of techniques for building up a Yin and Yang (Vinyasa) class as well as techniques for effectively teaching multi-level classes. A key part of this challenging weekend is how to have fun and be your authentic self while teaching.

weekend 10

the real journey starts

Our final weekend is all about ‘what’s next?’. For those who wish to make a career teaching yoga, we will explore various aspects of the business of yoga. You will learn many things, including how to market yourself and how to get teaching jobs. This is also final exam weekend. Your knowledge and skills will be tested. If you successfully pass your examinations, we will present you with your Balanzs Yoga Teaching Training Certificate.



MODULE I & II - 200 HOURS

early bird (13/2/26)	€ 2.650	(15% off modular price)
late bird	€ 3.115	(10% off modular price)
in terms*	€ 3.400	(commitment by early bird)
pre-payment**	€ 100	

MODULE I - 85 HOURS (STAND ALONE)

early bird (13/2/26)	€ 1.300
late bird	€ 1.425
in terms*	€ 1.550
pre-payment**	€ 100

MODULE II - 115 HOURS (STAND ALONE)

early bird (14/8/26)	€ 1.800
late bird	€2.025
in terms*	€ 2.300

*PAYMENT IN TERMS

Done via SEPA Direct Debit. Dependent on the option you choose, this will be set up a monthly payments over the period of the course - First payment payable prior to start.

**Pre-payment – to confirm your registration will be deducted from your first invoice

HOW TO REGISTER & PAY

To register, or for more information, please email us at teachertraining@balanzs.nl

Registration requires completion of an application form and a pre-payment of €100. This administration fee is non refundable and will be deducted from your tuition fee.

Literature: we have a required reading list. Total costs of the books you are required to read are approximately €120 for both modules.

To ensure that our students have the best experience possible, there are only 28(Module 1) & 20(Module 2) places respectively, available in our teaching training program. Please subscribe as soon as possible to reserve your place.

weekends' structure

all weekends have the below planned sessions

fridays - 19:00 to 21:30

saturdays - 12:30 to 20:30

sundays - 12:30 to 20:30

yoga alliance

Balanzs is a Registered Yoga School (RYS) with Yoga Alliance, which designates this teacher training program as one which follows Yoga Alliance's standards. Students who complete a verified training with this school may be eligible to register with Yoga Alliance as Registered Yoga Teachers (RYTs).



you are

kind
worthy
powerful
appreciated
special
enough

