

# YOGA

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## STUDIO ONE & KOUKOUMI MYKONOS YOGA TEACHER TRAINING 200h

Recognized by Yoga Alliance | Mykonos | In-person & Online

START DATE: 6/10/2026

### WELCOME MYKONOS TO THE STUDIO ONE NETWORK

Studio One, one of the most dynamic educational organizations in the field of fitness and wellness, expands its presence and officially includes Mykonos in its international franchise network.

In collaboration with the award-winning Koukoumi Vegan Hotel, the first vegan hotel in Greece, we create a unique yoga training destination that combines:

- High professional level training
- Holistic experience of wellness and conscious living



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## STUDIO ONE YOGA TEACHER TRAINING 200h

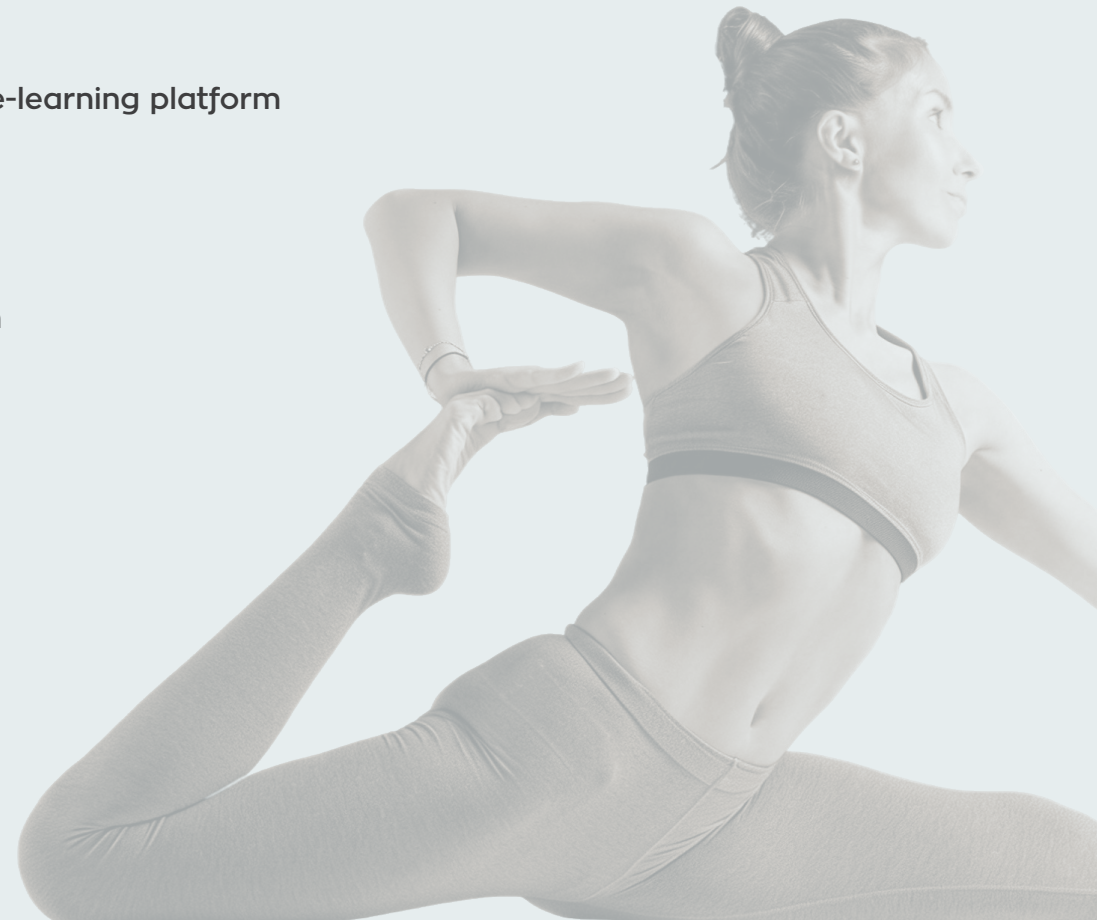
Experience a transformative yoga training experience in one of the most inspiring environments in Greece.

The program includes:

- 14 days of intensive in-person training in Mykonos
- 60 hours of online lessons through the award-winning Studio One e-learning platform
- Yoga Alliance RYT 200 certification internationally recognized

## WHY CHOOSE STUDIO ONE

- Yoga Alliance Certification (RYT 200) with international recognition
- Member of a rapidly growing fitness and wellness organization
- Combination of experiential training and flexible online learning
- Small groups with personalized guidance
- Training by experienced, internationally certified instructors
- Access to a modern e-learning platform
- Professional opportunities in Greece and abroad



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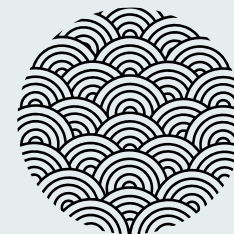
## THE KOUKOUMI VEGAN HOTEL EXPERIENCE - MYKONOS

In a space dedicated to wellness, sustainability and conscious lifestyle, the training becomes a life experience.

The in-person training includes:

- Daily asana practice
- Pranayama & meditation
- Anatomy & alignment
- Teaching methodology
- Yoga philosophy & yogic lifestyle
- Supervised teaching practice

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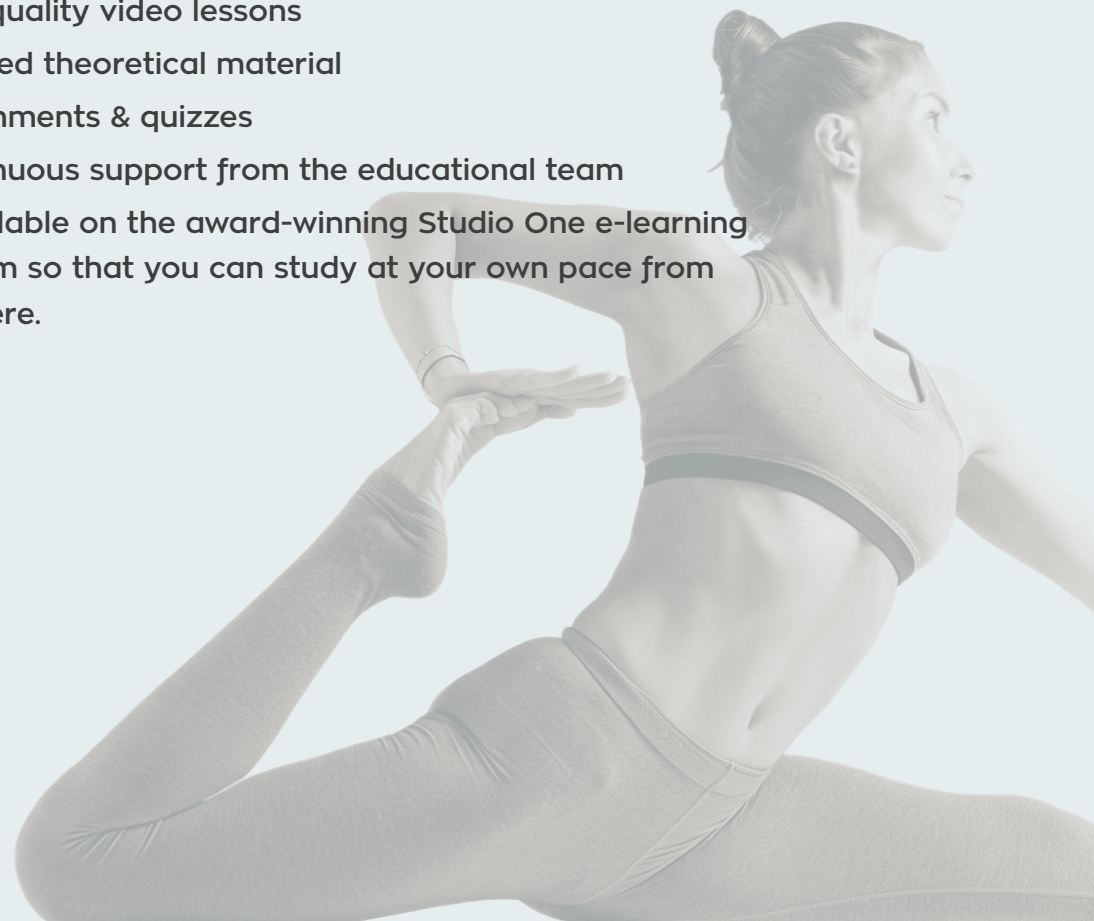
KOUKOUMI  
VEGAN HOTEL

## THE POWER OF ONLINE EDUCATION

The additional 60 online hours include:

- High quality video lessons
- Detailed theoretical material
- Assignments & quizzes
- Continuous support from the educational team

All available on the award-winning Studio One e-learning platform so that you can study at your own pace from anywhere.



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## WHAT YOU WILL GAIN

With the completion of the program:

- Yoga Alliance RYT 200 Certification
- Ability of professional yoga teaching
- Deep knowledge of yoga practice and philosophy
- Personal development in body, mind and spirit
- Access to the Studio One network and community

## PROGRAM DETAILS

- Location: Mykonos – Koukoumi Vegan Hotel, Ano Mera
- Duration: 14 days in-person + 60 hours online, hours daily 10.00-16.00
- Certification: Yoga Alliance 200h

## Book Your Place Today

Places are limited in order to ensure high quality training and personal guidance.

**Apply now and experience Studio One in Mykonos.**

## CONTACT & RESERVATIONS

- WhatsApp: +30 6988980860
- Phone: +30 22890 76317-18
- Email: [reservations@koukoumihotel.com](mailto:reservations@koukoumihotel.com)
- Email: [info@koukoumihotel.com](mailto:info@koukoumihotel.com)
- Website: <https://www.koukoumihotel.com>

## WHO IT IS FOR

- For those who want to become certified yoga teachers
- For fitness & wellness professionals
- For practitioners who want to deepen their practice
- For those who seek a meaningful experience of personal transformation



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## YOGA ALLIANCE-RYS 200 PROGRAM

### REQUIREMENTS FOR OBTAINING THE 200H DIPLOMA

- > Παρακολούθηση 50 ωρών τουλάχιστον
- > Attendance of the live lessons 84h - 14 days / 6h
- > Observations 30h
- > Self practice 20h
- > eLearning Studio One 40h
- > Submission of written and practical assignments 25h
- > Success in the written examinations 70%
- > Success in the practical examinations
- > Payment of the tuition fees

**START DATE: 6/10/2026**

**DURATION:** 14 days, hours 10.00-16.00 daily

This specific educational program is recognized by the World Qualifications Organization Yoga Alliance and establishes its graduates as internationally recognized Hatha Yoga Teachers and as certified members of Yoga Alliance at the level RYT-200. After its completion the students can work in all countries of the world and can attend the higher educational Yoga Alliance RYS-300.



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## DETAILED PROGRAM OF THE COURSE

### E-LEARNING

- Introduction to the path of Yoga - definition
- Benefits of yoga
- The paths of Yoga (Yoga Margas)
- The great teachers of Yoga
- The schools of Yoga
- The philosophical systems of India - Sad Darshanas
- Philosophical texts
- Basic philosophical concepts
- The 8 steps of Patanjali
- Kleshas - Vrttis
- Prana - Gunas - Doshas
- Anatomy
- Bandhas, mantras, mudras
- Chakras
- Koshas - Shariras - Nadis - Vayus - Kundalini
- Characteristics of a yoga teacher
- Kriyas



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## Unit 1 – live session

- What is the Sun Salutation
- Surya Namaskar Sivananda, practice and teaching methodology
- Surya Namaskar Satyananda, practice and teaching methodology
- Chandra Namaskar practice and teaching methodology
- Surya Namaskar A practice and teaching methodology
- Surya Namaskar B practice and teaching methodology
- Pawanmuktasana series A – B – C

## Unit 2 – live session

- Pranayama definition
- Pranayama: Dirga – Ujayi – Nadhi shodhana – Kapalabhati
- Class design
- Correction adjustments
- Safety principles
- Definition of Asana
- Standing Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology



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## Unit 3 – live session

- Pranayama: Nadhi shodhana – Kapalabhati
- Meditation
- Standing Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 4 – live session

- Pranayama: Bastrika = Brahmari
- Balance Asanas (analysis – technique – teaching – alignment principles – methodology)
- Yoga nidra
- Teaching methodology

## Unit 5 – live session

- Asanas supports (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 6 – live session

- Inverted Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology



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## Unit 7 – live session

- Backbend Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 8 – live session

- Seated Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 9 – live session

- Spinal twist Asanas (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 10 – live session

- Asanas, supine (analysis – technique – teaching – alignment principles – methodology)
- Teaching methodology

## Unit 11 – live session

- Decompression Asanas (analysis – technique – teaching – alignment principles – methodology)



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## Unit 12 – live session

- General review

## Unit 13 – live session

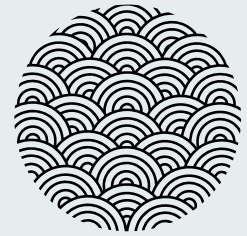
- Presentations of assignments

## Unit 14 – live session

- Written and practical examinations

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