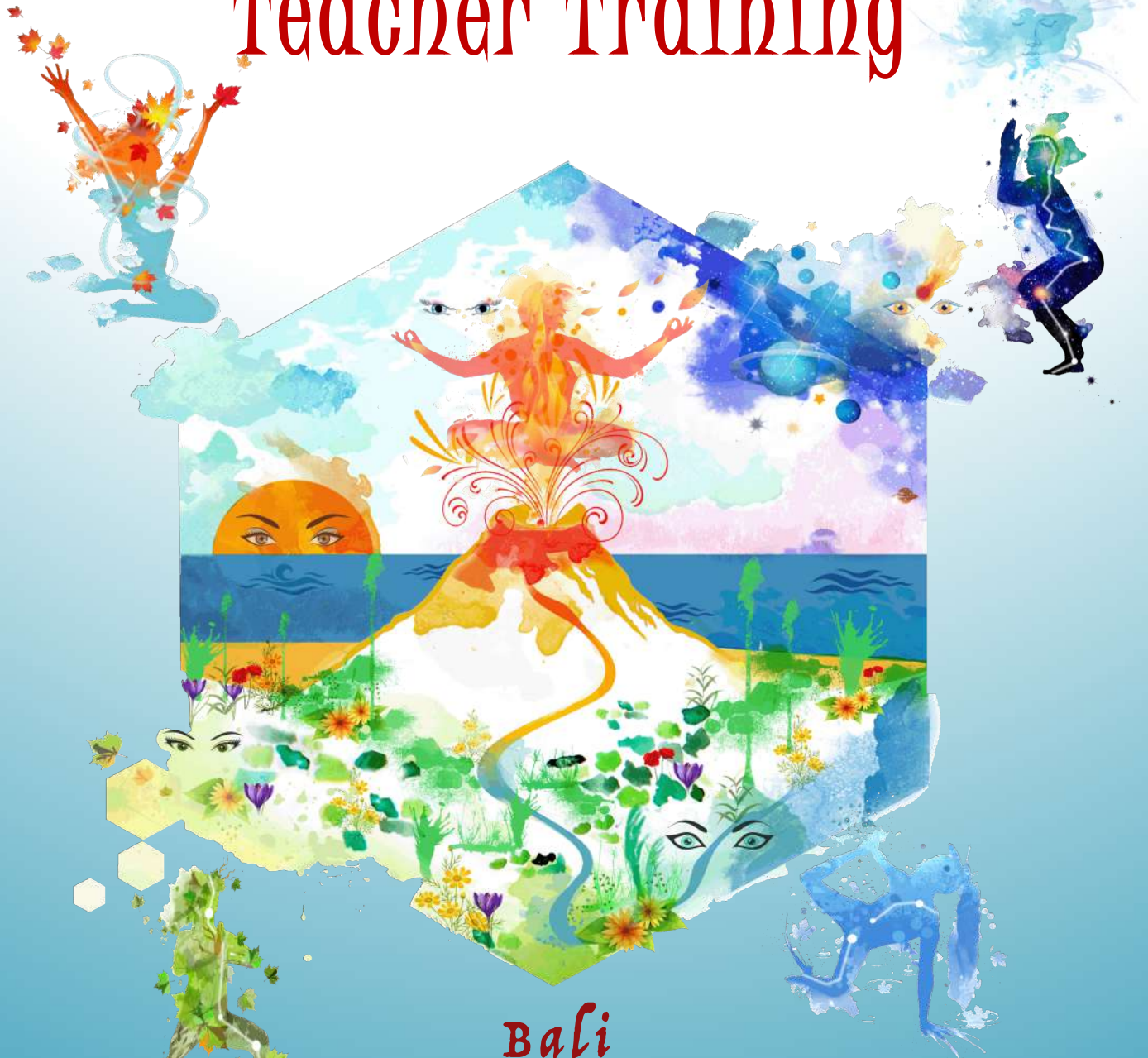


# The 200hr Elemental Yoga Teacher Training



Bali

January 30<sup>th</sup> ~ February 20<sup>th</sup>  
September 27<sup>th</sup> ~ October 18<sup>th</sup>

2019



# The 200hr Elemental Yoga Teacher Training



The Elemental Yoga Teacher Training is a professional program, where you will learn how to guide the Tantric energies of the 5 Elements when teaching Asana, Pranayama and Meditation.

It is a study opportunity that not only gives you confidence with professional Yoga Teaching skills, it also allows you the space to explore your own relationship to the medicinal energy behind all Yogic practices in a safe and yet challenging experience.





# Subjects & Practicum

LIVE TEACHING CLINICS

POSTURE SEQUENCING

CLASS STRUCTURES

ADJUSTMENTS

ASANA

PRANAYAMA,

MEDITATION

PRATYAHARA

ANATOMY AND PHYSIOLOGY

BIO-MECHANICS

YOGA PHILOSOPHY

HINDU COSMOLOGY

MANTRA

TANTRA

5 ELEMENT THEORY

SUBTLE BODY ANATOMY

• KRIYA

KIRTAN

PREGNANCY YOGA

HOLISTIC NUTRITION

AYURVEDA

MACROBIOTICS

PERMACULTURE

ACRO\PARTNER YOGA

AYURVEDIC MASSAGE

ZEN SHIATSU

JOURNALING

PUJA



# A Lush Mountain Resort



Set in the lush North Bali hills, The Elemental Yoga Therapy Teacher Training Course will take you deep into the fundamental energies that serve to express every aspect of our Nature. Held in privacy at exclusive Balinese Retreat Centre, we have easy access to the Beach, the Temples, the Jungles and the Waterfalls.

As one example of the special connections we are fortunate to have, during The Water Element days we will be making a Ceremony at Melukat, where they perform a local purifying Water Ritual, in one of Bali's oldest Temples, and also in the warm tropical sea.

We will be living in trees of the jungle hills, overlooking the Bali Sea away from all the tourism of popular Bali, in a remote and sacred place, living fully in the Spirit of Yoga Ashram life.

Bali herself is quite a force, and it's been a common experience for students to experience changes as soon as they commit to travelling there and undertaking this program. It is a unique, and rare opportunity and is the worlds leading Yoga Therapy Training Course in Nature's 5 Element Medicine



*"The Elemental Yoga concept is an amazing model to make sustainable, deep changes within yourself and also help others to do the same. For me as a yoga teacher it gives me more trust and I connect to my students on a deeper level, which makes real transformation possible.."*

Iris Enz - MA Sociology and Communication



# Accommodation



The centre is an exclusive private retreat centre which offers high standard rooms in single and double occupancy. The centre has a great view of the ocean which is only minutes away by free shuttle. It has a spring water swimming pool and is hidden in the jungle of North Bali's hills. The Shala is an half open space surrounded by trees and water and is set in a backdrop of birdsong and wind sounds.



*Our daily walk to the Shala was a walk through heaven on earth.  
The most incredible place to do this kind of immersion!*  
Siri Aarti, South Africa



# The Food of our Foundation

Diet plays a fundamental role to balancing the Elements. All the meals are vegan/vegetarian and most of the ingredients are organic, with the Farm being able to grow the food we wish to eat, and bring it straight from the Earth to the Table. All meals are prepared by a Qualified Chef. The menu is designed to suit the energetic wave of the course, using each of the 5 Elements as a guideline for food preparation.



Nutrition is taught during the course and you will learn the principles behind Elemental Food as Medicine, Ayurveda and Macrobiotics



*“Day by day, element by element, week by week I could feel the effects of clean food in my body. The practices were getting more challenged but I felt the food was supporting my process beautifully. It’s a rare opportunity to have such high quality diet delivered to you in every meal. I felt nourished, cared and I develop a deeper relationship with what I put in my body when it comes to food.” V.C - Australia*



*“The food was exceptional. The chef was so passionate about cooking for us that the food was a truly nourishing experience. Each meal helped me for the next practice, physically and mentally” Keith SL, Ireland*





# Jai.C.Salt - creator Of Elemental Yoga



Jai. C. Salt is a Healer and Teacher with over 20 years' experience in Yoga Therapy and Holistic Energy Healing, whose work is both unique and surprising. He is the Director of The Elemental Yoga School, Energy Medicine Retreat facilitator, a Master-Teacher of Japanese Zen Shiatsu, and is a Qualified Practitioner of Kinesiology, an Holistic Nutritionist, and has studied Connective and Remedial Massages in both Swedish and Thai styles.

With 20 Years Clinic experience he has also been treating people with all levels of health issues, using other vibrational and movement based modalities as Holotropic Breathwork, Shamanic Healing, Qi Gong, and Reiki. He is an Australian Qualified Natural Therapist and Holistic Counsellor.

Jai is an avid surfer and naturalist with a measurable background of sincere Therapy work (restored by travelling and playing gypsy music!). He is a highly informed, grounded and engaging communicator, especially on many natural medicine subjects, with a current passion for energetic sound therapies and spirit healing, valuing both Esoteric and Quantum philosophies, and has a deep love and respect for the Planet Earth and all those who he shares it with ☺

*This space for this Elemental journey is held with so much, sincerity, humor, intelligence, brilliance and unwavering, unconditional support. The ability to manage energy and nurture growth is ridiculously impressive and appreciated.*

Laura Smail, U.K.



# What the Students Say

*"I have completed 3 training's with this form of Elemental Yoga, and each time the course showed me how to connect even more deeply to the Elements inside me. Teaching others how connecting to Nature and the Elements can heal and transform deeply rooted issues/imbances is simple when you know how to use this system. Anyone who is interested in Yoga and transformative work should put this training on their list. It teaches absolutely sincere developmental skills. Elemental Yoga Therapy has taken Yoga to another level for me."*

Martin Blueberg, Norway

*"The Elemental Yoga Therapy training is absolutely one of a kind: bravely, wisely and aesthetically revealing the Essence of ancient traditions including Yoga, Tantra, Ayurveda, TCM, Shiatsu, and Shamanism into a simple, pure, communicable reflection of Nature herself."*

Amber Swayer, USA/ Singapore



*"Elemental Yoga genius. In training each participant on how to use the diagnostic tools from the most ancient and ultimate reality, Nature, we are able to tap into the wisdom of the planet. I have enjoyed the techniques I learned for apply this wisdom to help heal the individual, and the imbalances in their expressions. I loved my training with The Elemental Yoga School and value the way it has shifted my view of the world, and of the tools that are available for self healing."*

Anne Lauren Graham. USA

*"This training is simply transformative. I left feeling connected to myself in a way I haven't felt before – steady and yet expansive. I now have a new set of principles that not only align my life with Nature but to also help me to support others in a transformative way. Magic! Jai creates a space for growth and development, within a depth of yoga principles and a true connection to Nature. I walked out ready to start working with my clients."*

Rachel Allan, England



# Elemental Tantra

...to feel free to fully express the humanity of being, ...  
to surrender control of the moment so that we can see and be seen by  
each other....  
...to transcend emotions by  
finding the appropriate purpose of the feminine and masculine qualities  
in all things, ...  
...to recognize and explore the natural roles of each woman and man  
aligned with a common purpose, ...  
...to adore the life for its simple love, ... .  
..to celebrate as worship, to dance as conversation, ...to transcend though  
weaving light and sound with form, ...

Elemental Yoga is a 5 Element Tantric Yoga path for creating self-  
developing balance in looking for sincere and sacred harmony. Once you  
have taken steps along the path to remembering your place in Nature,  
you may realize its not only the fastest way to real development, but  
really the most beautiful..

The course is held in the highest respect for diversity and is offered as  
the individuals path  
to remembering your birthright :

**To Belong in Nature**



[www.elemental-yoga.com](http://www.elemental-yoga.com)