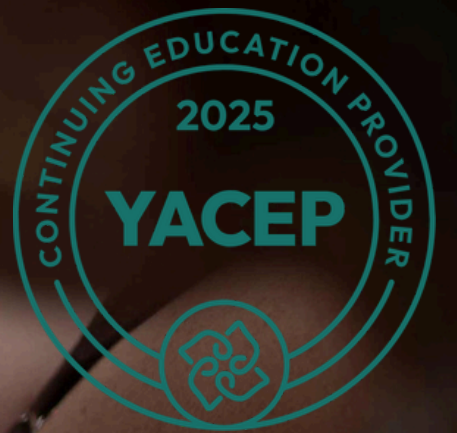


50H / 70H YOGA TEACHER TRAINING

THE *EXPANSION*

The bridge for teachers and practitioners ready
to rise beyond their foundations.



14TH NOVEMBER - 19TH NOVEMBER 2026 IN
FUERTEVENTURA,



WELCOME TO THE *EXPANSION*

THE EXPANSION is a modular advanced training created for practitioners and teachers who want to develop **deeper skills, stronger technique, and more confidence** — without committing to a full 300-hour training.

This immersion blends modern movement, advanced asana techniques, and embodied personal growth.

It is designed to transform the way YOU move, teach, breathe, and relate to yourself.

You choose your level of expansion:
50h, or 70h.

Start your journey with a **free onboarding call**. Ask your questions, explore your intentions, and discover if we're the right fit.

WHY THE *EXPANSION?*

Because true transformation doesn't happen in one leap - it unfolds in layers.

This training is designed to **deepen** not only how you move, but how you **understand, embody, and teach yoga**.

This immersion offers you the freedom to grow at your own pace while receiving **high-level guidance, refined technique**, and **personalized feedback - knowing that both teachers will be there for you throughout the whole training!**

It bridges personal practice with intelligent teaching, supported by the power of in-person study in Bali.

Expect stronger, more conscious movement.

Sharper cueing, clearer sequencing, and a more confident presence as a teacher.

This training is about expansion on every level - of skill, awareness, expression, and leadership - so you leave not just inspired, but elevated in your practice and your teaching.





50H DEEP EXPANSION

This module gives you a powerful taste of advanced study - ideal for teachers wanting inspiration and practitioners wanting to elevate their practice.

What's inside:

- Advanced Vinyasa and Rocket Yoga practices
- Alignment and technique labs
- Backbend & hip mobility progressions
- Advanced inversion progressions (press, wall drills, floating)
- Advanced Handstand workshop
- Teaching advanced asana safely
- Sequencing for skills-based flows
- Voice, cueing & presence refinement
- Advanced hands-on assists
- Personal Branding & Marketing for Yoga Teachers

You'll leave with:

Greater confidence as a teacher, stronger practice, refined technique, and a broader toolkit for guiding advanced classes.



70H **FULL** *EXPANSION*

The most complete version of **THE EXPANSION** — for teachers and practitioners wanting a more comprehensive advanced certification.

The 20h Online Training includes:

- Advanced anatomy (shoulders, spine, core, hips)
- Creative Sequencing
- Full Rocket sequence (1 and 2)
- How to teach online
- E-book

You'll leave with:

A full expansion of your teaching skills, personal embodiment, and understanding of advanced yoga.



THE LOCATION

Lajares, Fuerteventura

Year-round sun, endless waves, and a village where time slows down. A week to find your balance between mat, ocean, and community, steps away from the sea, in the heart of Lajares

What's included:

- 50h / 70h Certification eligible for Yoga Alliance Continuing Education (YACEP)
- 5 nights accommodation - shared or private room
- All meals included: breakfast, lunch & dinner
- Pool & garden access
- Coworking space access



ACCOMODATION & FOOD

Fuerteventura is one of Europe's most sought after destinations for surf, yoga, and year round sunshine, and this is where your next yoga journey will take place.

You'll be based in Lajares, a charming surf village on the island's north coast, immersed in a peaceful setting designed for both practice and rest.

Food plays a central role in the experience: all meals are freshly prepared in house at our on site restaurant, with **breakfast, brunch, and dinner included** throughout your stay, so you can focus entirely on your practice and wellbeing.

For those who want to stay a little productive, a **coworking space** is also available during your downtime.

After the many hours of practice, you'll be able to **relax by the pool** or in the green common areas, letting your body recover while soaking in the island's warmth

THE *EXPANSION*

WHAT YOU WILL GAIN

- Stronger, safer, and more refined advanced asana practice
- Intelligent sequencing that supports peak poses and long-term progression
- Clear, confident cueing rooted in embodied experience
- Functional alignment for advanced bodies and complex shapes
- A deeper sense of embodiment, control, and presence on the mat
- A supportive community of advanced practitioners and teachers rising together
- Certification options: 30h, 50h, or 70h

WHO IS THIS TRAINING FOR

- 200h-certified and 300h-certified teachers
- Practitioners craving deeper practice
- Students preparing for a 300h
- Teachers wanting fresh inspiration
- Anyone wanting to expand mentally and physically

Start your journey with a **free onboarding call**. Ask your questions, explore your intentions, and discover if we're the right fit.



ABOUT YOUR *TEACHERS*

Meet Caterina

I am a **750+ hour RYT Vinyasa and Ashtanga Yoga teacher** and a **Rocket® Yoga mentor**, with a **degree in Exercise Science** and the founder of a yoga studio in Italy.

After several years as an artistic gymnast, I transitioned into yoga, integrating strength, control, and movement awareness into my teaching.

My teaching approach is **dynamic, structured, and practice-oriented**, with a focus on developing strength, mobility, and intelligent movement through progressive sequencing.



ABOUT YOUR *TEACHERS*

Meet Michelle

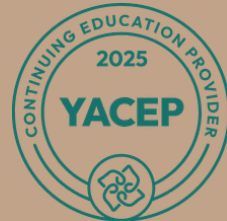
I am a **650h+ RYT Vinyasa and Ashtanga** Yoga teacher and the founder of Mejomi Yoga. I've guided students through numerous Yoga Teacher Trainings, with a strong **focus** on **advanced asana, intelligent sequencing, hands-on assists, mobility, and embodied movement.**

My teaching blends a modern understanding of the body with the depth of yoga, supporting practitioners to move with clarity, confidence, and purpose.

Through **precise alignment** and **skill-based progressions**, I help students to refine their practice, expand their teaching tools, and embody a **stronger, more empowered way of moving and guiding others.**

YOUR INVESTMENT

50H Certification

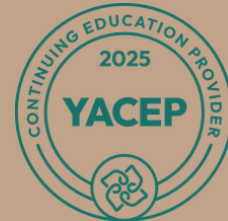


Eligible for Yoga
Alliance Continuing
Education. (YACEP)

SHARED ROOM € 1650,00

SINGLE ROOM € 1950,00

70H Certification



Eligible for Yoga
Alliance Continuing
Education. (YACEP)

SHARED ROOM € 1850,00

SINGLE ROOM € 2150,00

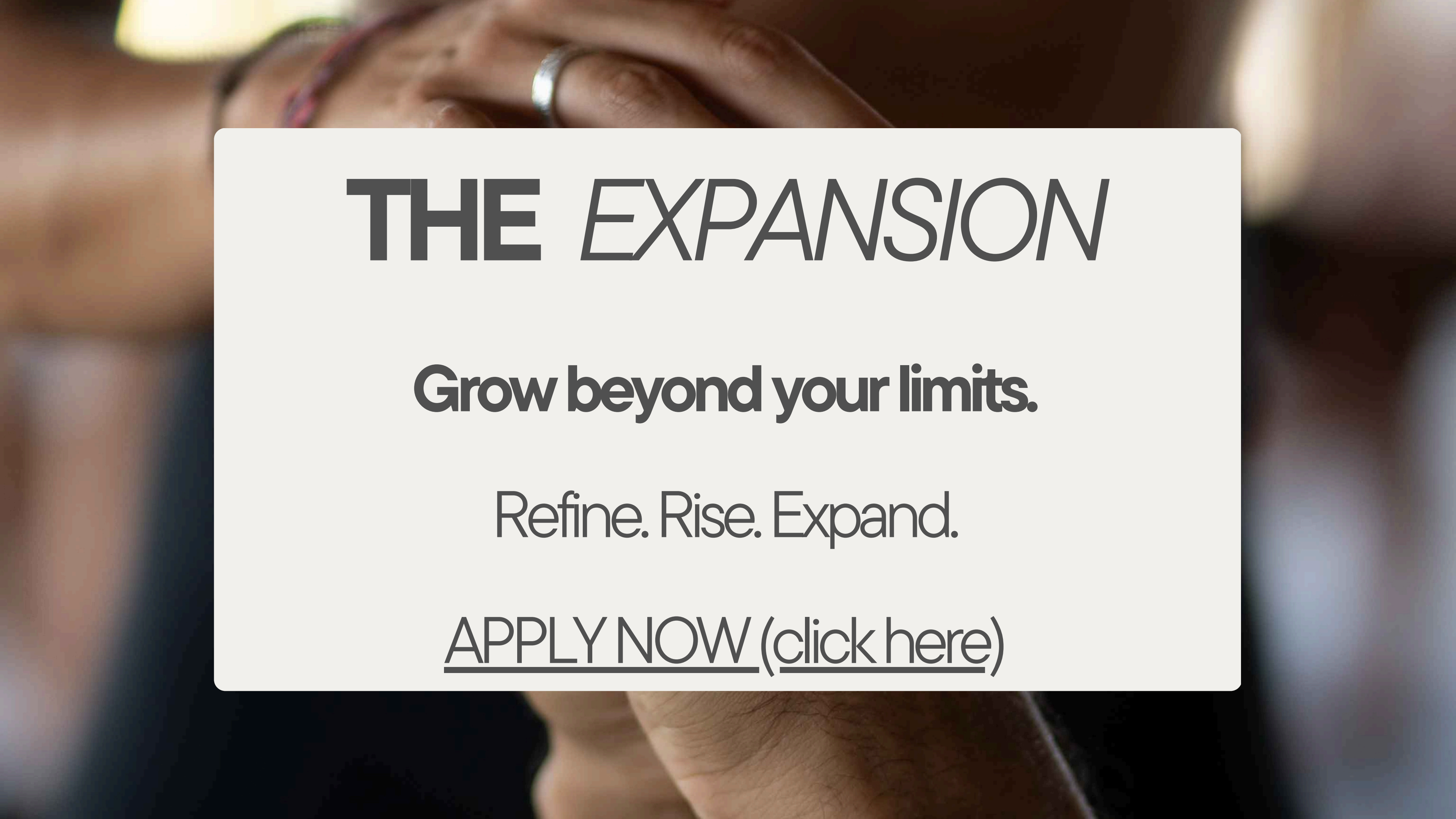
WHAT'S INCLUDED:

- 50h / 70h Certification eligible for Yoga Alliance Continuing Education (YACEP)
- 5 nights accommodation – shared or private room
- All meals included: breakfast, lunch & dinner
- Pool & garden access
- Coworking space access

THE SCHEDULE

(EXAMPLE)

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WENSDAY	THURSDAY
7:30-9:30		ROCKET	VINYASA	ROCKET	VINYASA	TEACHING EXAMS PRAXIS
9:30-11:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
11:00-13:30		ASANA LAB	ASANA LAB	ASANA LAB	ASANA LAB	TEACHING EXAMS PRAXIS
13:30 - 16:00	OPENING+ VINYASA PRACTICE	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
16:00-18:00	ASANA LAB	INVERSION WORKSHOP	FLOATING WORKSHOP + FLEXIBILITY	HANDSTAND WORKSHOP	BUSINESS WORKSHOP	CLOSING



THE *EXPANSION*

Grow beyond your limits.

Refine. Rise. Expand.

[APPLY NOW](#) ([click here](#))

RESERVE YOUR SPOT

Application, Reservation & Payment

- Participation in the training is subject to application and approval, as spots are limited.
- To reserve your spot, a non-refundable deposit of 400 EUR is required.
- The remaining balance must be paid no later than 60 days before the training start date.
- Your place is only fully confirmed once the deposit is received.

Cancellation Policy – Participant

- The 400 EUR deposit is non-refundable under any circumstances.
- If you cancel more than 60 days before the training start date, any payments made beyond the deposit will be refunded.
- If you cancel within 60 days of the training start date, no refund will be issued.
- We strongly recommend purchasing travel insurance.

Cancellation Policy – Organizer

- If the training is canceled by the organizer, you will receive a full refund of all payments made, including the deposit.
- The organizer is not responsible for any additional costs incurred (such as flights, accommodation, or insurance).

Not Included in the Training Fee

- Flights
- Transport to/from the location
- Travel / health insurance
- Any other personal expenses

