YTT UNFILTERED

WHAT INSTAGRAM, TOP-10 LISTS AND AI WON'T TELL YOU ABOUT CHOOSING A YOGA TEACHER TRAINING

BLOOMING LOTUS YOGA

Because Choosing a Bali Yoga Teacher Training Doesn't Need To Be Difficult

Read Time: 12 Minutes | **Advice**: Invaluable

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THE BIG PICTURE

Choosing a yoga teacher training is actually really easy.

First, don't overthink it.

Second, trust your intuition.

Third, don't get overwhelmed by all the variety…

and if you don't know what you really want, start by eliminating what you don't – what remains will probably be the best fit for you.

So here's some helpful advice from someone who's seen it all – both the good, the bad, and a little-bit of everything in-between. I live in Bali, I breathe and live yoga, and have been teaching for over 12 years.

The good news is that there are A LOT of really great courses here. The not-so-good news is that there are a few questionable options and with over 50 courses, I know it can be overwhelming to choose which school and training is best suited for you. So slow down, breathe and take this in…

> **Making the wrong choice is rarely about choosing a bad course. It is usually about choosing a good course that isn't going to give you what you're really wanting.**

This guide will help you answer the most important concerns people have and will highlight several essential questions that are rarely considered. It will help you clarify what you're truly seeking, so you can choose the training that will deliver.

The 5 questions you need to ask yourself before choosing a yoga teacher training

1. What kind of training am I *actually* looking for?
2. Why is there such a big price difference between yoga teacher training courses?
3. The "YTT Research Trap": What's really going on behind the scenes?
4. How important are meditation and the spiritual dimensions of yoga to me?
5. Who are my teachers and is this *really* important?

THE 5 QUESTIONS

1 What kind of training am I actually looking for?

THE BASELINE

Any good yoga teacher training will teach you various yoga poses and how to lead a well sequenced yoga class. This is not what separates one school from another.

What differs is **how physical and body-focused the training is, against how holistic, traditional and spiritual the course is.**

What category do you fit in?

IF WHAT YOU WANT IS	YOU ARE LOOKING FOR
The physical practice above everything. Strength, alignment, challenging postures, the body as the subject.	An athletic, ashtanga, power or fitness-led training. Anatomy-heavy, technically rigorous, largely secular in approach. Body-focused.
To teach 'yoga as fitness' – dynamic, well-sequenced classes for studios and gyms.	A vinyasa or hatha training with a lot of sequencing, cueing and practicum time, often with significant course time spent on the "business of yoga". Largely non-traditional, with little focus on personal and spiritual growth.
A balance of safe and intelligent yoga asana, with an emphasis on pranayama (breath-work), meditation, philosophy and lifestyle (including mantra, ayurveda, and personal growth tools), and the skills to teach it all with confidence.	A school rooted in a living tradition passed on for millennia, where philosophy and self-awareness are the core. A course where the integration of the body, mind and soul is essential to becoming a qualified teacher – where teaching yoga starts with living the yogic lifestyle.

How the training will feel – what matters most to you?

This is the part that distinguishes one school from another.

DOES THIS MATTER MORE	OR THIS
The polish and scale of a large operation running trainings every week or two, year-round. Very 'Instagram.'	A school that offers only a handful of courses each year to keep standards high, where the teachers will know you by name.
A new-age, adapted approach that blends many lineages and types of yoga with a lot of variety	Depth in one living tradition: Vedic-based yoga that integrates modern mind-body awareness practices
A large faculty with many specialists and visiting teachers	A school with a few teachers who go deep
Being taught by newer teachers who still remember what it's like to be a student	Being taught by lead teachers from one tradition, with 10+ years' experience
Getting the certification at the best price you can	Getting a high-quality training that goes beyond just the teaching certificate
A focused programme with a clear beginning and end	A community you join that doesn't end when the training ends

Not sure you're experienced enough? Many good trainings welcome beginners and have no minimum years of practice. Ask each school directly – a good one will adapt its teaching to meet you where you are.

> **WRITE THIS DOWN**
>
> Write your answers on the 'My answers' page at the end of this guide, then look for a school that matches them as you browse.

2 Why is there such a big price difference between teacher training courses?

A 200-hour yoga teacher training in Bali typically costs between US$2,000 and US$3,500. Advertised prices are not comparable between schools. One school's headline offer of US$2,750 excludes accommodation and every meal. Another's US$3,290 includes both. The second is cheaper although initially it doesn't look that way. It's important to understand why some courses cost less than others, how price affects quality and what schools cut to keep prices low. Could you be missing something? Ask the questions below to understand why.

ASK YOURSELF	OFTEN FORGOTTEN
If the tuition is so low, what could I be missing?	Qualified and experienced teachers come with a price – 'you get what you pay for' is a cliché worth considering. Does your training course use inexperienced teachers that come from various backgrounds without a cohesive teaching curriculum, and will this compromise the quality of the training?
What are the accommodations really like? **How many people will I share a room with?**	For shoestring budgeters, choice of accommodations isn't a flexible question – the cheaper the better. Budget travellers are willing to sacrifice comforts, space, views, cleanliness and modern amenities. But if you want to attend a YTT while also enjoying a holiday in paradise, you will want to explore what course accommodations are like in terms of comfort, views, cleanliness and privacy. These are 2 very different categories that produce 2 very different prices and 2 different types of experiences.
Do I want to share a room or is a private room a better option?	Many young students like the feeling of being with community and like-minded souls and love sharing their experiences and rooming with others. Some students like their own space and privacy, and will do better alone in a private room. Reflect on which is 'your way' and see if your shortlist of courses can meet this.
How far away from civilisation do I want to be?	Bali has 2 or 3 major yoga hubs – small towns where the infrastructure for solo travellers, especially women travelling alone, is excellent. Ubud is the biggest and has the best overall reputation. There are also many courses hosted at venues in small villages that are far away from modern day conveniences. They can be excellent retreat destinations but may feel isolated or in the "middle of nowhere" if you're not used to travelling alone. Do you want a deep retreat vs. somewhere closer to town, near cafes, shopping, easy access to medical care, etc.?
What's really included in the price?	Does the price include tuition, accommodation and food? Is it only an early bird price? Are there any hidden fees like taxes and payment processing fees? If so, you can reasonably assume there will be more fees you will need to cover later that aren't in the headline offer.
Are there any perks or bonuses included?	Are there teaching manuals or books included? Additional courses or free resources? Airport pick-up, massages or excursions?
Post-grad support and community?	Can I reach out to my teachers with questions after I graduate? Is there any way to connect with my community after the course ends? Can I re-attend the training for free?

WRITE THIS DOWN

When comparing pricing and courses, don't forget to ask these questions so you can understand the difference in prices and decide what you are willing to sacrifice if you choose a cheap YTT.

3 The "YTT Research Trap" – what's really going on behind the scenes?

Have you ever wondered why AI, search engines and social media algorithms guide you towards choosing a yoga course the way they do? Many people have never thought about how all this works, or what its limits are.

AI rely heavily on third-party "authorities" like top 10 lists and travel blogs that give their top recommendations. What most people don't know, is that the majority of the "best of" Bali lists are paid ads where schools will pay to be presented as number 1, 2 or 3 and so on. The more they pay the higher they are on the list. Some of the list makers get affiliate commissions for every student they refer while concealing this fact and posing as objective. Step back and think whether someone could actually attend 10 different yoga teacher trainings and then make 'objective' judgements as to which is the best. It would cost tens of thousands of dollars and take years of real research and the final result would still be based on that 1 person's opinion. "Top 10" and "best" yoga teacher training in Bali lists are fake, paid for commodities, but AI and search engines use them to recommend things to you.

Another popular third-party "authority" that AI often cites are the blogs that come directly from a yoga school. These blogs often compare various schools in a way that 'appears neutral' while showcasing other schools in an unfavorable way and highlighting their own. A few of these are marginally useful but many of them misrepresent facts, aren't genuine first-hand accounts and misrepresent the spirit of yoga. The question that begs an answer is: Would I want to join a school that low-key disses others when the word "yoga" means union? Do I want to learn yoga from a group of people that commercialize yoga in this way?

Social media is also plagued with similar problems. Yoga "influencers" who get paid to promote referrals are unknowingly doing great harm to the noble yoga tradition.

TAKE AWAY

Use AI with discernment and intelligence and always remember that human consciousness and your intuition are far more powerful. Don't trust marketing material at face value and ask to speak to a real person to discuss your practice, your goals and any concerns you may have.

4 How important are meditation and the philosophical and spiritual dimensions of yoga to me?

Yoga did not begin as exercise. Its roots are in a body of philosophy concerned with consciousness, the nature of the Self and spiritual liberation. For most authentic yoga traditions, that includes the study of karma, reincarnation, devotional practice, sacred sound or mantras, and the recognition that the Divine is not external, but is the very essence of who you truly are.

Key to understanding and experiencing these philosophical principles is the sacred science of meditation. Meditation not only leads you to experience your True Self, but along the way creates a balanced mind, body and heart that makes you a better human being. Meditation is widely used worldwide for stress reduction, healing the body, gaining clarity and insight, and for processing deep emotions and traumas.

Schools differ enormously in how much meditation they teach. Some treat meditation and philosophy as a requirement to be fulfilled. Others consider it the foundation from which true learning and transformation happen.

WORTH REFLECTING ON

A good school will never ask you to abandon your own beliefs and blindly follow the teachings offered. They will respect all traditions and beliefs and allow each student to choose their own path while being honest when content they offer may contradict them.

If you have strong beliefs and aren't interested in exploring new practices and philosophies, it will be best to choose a secular school that focuses on fitness-based yoga that doesn't emphasize philosophy, meditation and spirituality – and that's a perfectly fine choice.

WRITE THIS DOWN

How important are meditation, philosophy and the essence of yoga to me? Do I simply want to teach yoga, or do I want to live it and share it with others? Then research which school can meet you.

5 Who are my teachers and is this *really* important?

You will spend many hours with your teachers. It is the closest thing to a mentorship most of us ever get, and it's a factor graduates mention most when a training was extraordinary, or just acceptable.

In yogic tradition, the student-teacher relationship is considered paramount and what can be transmitted through this relationship depends largely on the spiritual evolution of the teacher and the readiness and openness of the student. When this relationship is truly found, it becomes invaluable in our lives.

- **Who teaches what?** Some trainings are led by one or two lead teachers and a few assistants throughout. Others use a panel, a faculty, or a rotating cast of visiting trainers hired to fill certain teaching slots.
- **What do the testimonials say about the teachers?** Do reviews comment on how good the teachers are and whether they create a safe and supportive environment?
- **Lineage, experience and practice?** Do the teachers come from a tradition where the teachings are passed down as a cohesive body of knowledge, or do they draw on many different teachers and sources? The first gives an integral and time-tested body of knowledge, while the second offers pieces from many puzzles. Both can be beneficial, while the first tends to lend itself to more depth. A teacher's years of experience and personal practice often decide whether a training feels exceptional or just OK.

NOT SURE WHICH SCHOOL TO PICK?

Ask to speak to a lead teacher if you have any questions or are undecided before you book. Check to see if a school has a contact or WhatsApp number to get your questions answered.

Hearing the teacher speak or having them personally answer your questions can make all the difference in knowing whether 'this is the right choice' for you.

WHERE DOES THE BLOOMING LOTUS YOGA TEACHER TRAINING FIT IN ALL OF THIS?

We wrote this because we would rather you choose wisely than only choose us.

Students who arrive having thought carefully about the questions in this guide tend to have a good training regardless of which school they pick.

We offer a course that empowers students to teach both yoga asana and meditation in a safe, intelligent and compassionate way. Our training includes not just the standard 200-hour certification to teach yoga but an additional 25-hour meditation certificate. We are a Vedic-based school, in the non-dual goddess tradition that integrates modern mind-body awareness techniques. We emphasise the power of consciousness and share practices that enable each student to live and teach from their Highest Self. Our lead teachers have 10–20 years of teaching experience and share the essential teachings of yoga from a holistic and spiritual perspective. Our retreat venue is just 15 minutes south of Ubud, in a quiet valley overlooking the Wos River and a water temple.

But most importantly, our training doesn't end when the course does. We invite you to come back again for free and have on-going community support as you become a part of the Blooming Lotus Yoga family.

> *If you are coming for a certificate so you can have a job teaching fitness yoga, our training is not the right fit for you. If you're looking for in-depth anatomy, heavy biomechanics, a purely physical yoga programme and are resistant to the spiritual dimensions of yoga, there are other yoga trainings that would be more suitable.*

But if you find yourself looking for experienced teachers, lots of in-studio practice time and are coming for real change and a once-in-a-lifetime experience, Blooming Lotus Yoga is probably a perfect fit.

Don't overthink it. Trust your intuition.

BLOOMING LOTUS YOGA AT A GLANCE

225 certified hours. Maximum 18 students. Free re-attendance for life.

- A 200-hour YTT plus a separate 25-hour meditation certificate, over 3 weeks.
- A maximum of 18 students, so everyone gets real practicum time and genuine contact with a teacher.
- One all-inclusive price from US$2490: tuition, accommodation, meals, airport pickup, a Balinese massage, a beach excursion, our Yoga Nidra online course and no taxes, transaction costs or other hidden fees – flights, visa, the Bali tourist levy and meals on days off are the only extras.
- Private or Shared rooms – women with women & men only with men - in a quiet valley 15 minutes south of Ubud.
- Taught in the living tradition by lead teachers with 10–20 years' experience.
- No prerequisites: beginners are welcome.
- Free re-attendance for life, plus a monthly satsang for graduates.

Have a question, or not sure yet?

CLICK HERE TO SCHEDULE A CALL

I personally reply within 24 hours. You can message me on WhatsApp at:

+62 82340124442

Ready to sign-up?

Start by choosing your dates and room:

CLICK HERE TO SEE DATES AND PRICES

MY ANSWERS

Write down your answers here, then keep this page beside you as you compare schools.

1 **What kind of training am I actually looking for?**

2 **What am I really paying for?**

3 **Where is my information coming from?**

4 **How important are meditation and the spiritual dimensions of yoga to me?**

5 **Who do I want to learn from?**