



*Yoga Alliance accredited*

# 70HR SOMATIC YOGA TEACHER TRAINING

29TH OF JUNE TO 6TH OF JULY, MALLORCA SPAIN





# HEY, I'M MARIA DIEHN

I am the founder of Yoga MariSol

Yoga has been the real constant in my life and always made me feel amazing and at peace. It allowed me to work through my emotions and it's always been a support in my life.

I am an E-RYT 500, I did my basic 200 YTT in India, Rishikesh, an advanced 300 TT in Costa Rica and I've done many additional trainings such as a 70hr Yin Yoga teacher training, 40hr prenatal Yoga, 50hr somatic Yin training, 20hr trauma informed TT, 50hr FaceSpine Yoga, Yoga for Women as well as Yoga for Stress and Anxiety (over 100hr)

I continuously evolve as a teacher through my students, the trainings I offer and continuing education I take for myself.





A woman with long dark hair, wearing a long white dress, stands in profile facing right. She is barefoot and has her hands clasped near her chest. The background is a field of tall grass and rocks, with a bright sun low on the horizon, creating a warm, golden glow and lens flare. The overall mood is contemplative and serene.

YOUR HEART IS THE  
SEAT OF YOUR  
CONSCIENCE





# 01

## PERSONAL & PROFESSIONAL GROWTH

The training focuses on the deep connection of body, mind and soul through our practices. We will focus on the scientific approach of nervous system regulation and working with the vagus nerve. The training is a great mix of the tantric tradition of yoga and western science. Asana practice, movement, dance, meditation, intention, devotion, chanting, yoga nidra, community, pranayama and humming all have tremendous nervous system regulating aspects which we will explore in this training.



# HIGHLIGHTS

- 2 daily yoga practices
  - Elemental Yoga
  - Intuitive Dance
  - Restorative Yoga
  - Yin Yoga
  - Yin Yang Yoga
  - Alliyana movement
  - Blue lotus ceremony
  - Cosmic Kirtan
  - Pranayama & Breathwork
  - Cold water therapy
- 2 daily workshops and lectures
- Daily morning ritual with meditation, pranayama, chanting
- Certificate of completion
- 7 nights accommodation
- 3 daily organic meals (vegan / vegetarian) prepared by our private chef
- Shared airport shuttle
- Saltwater pool, garden, fireplace and lounge
- 5 senior guest teachers

# 02





# 03

## THE TOPICS WE WILL COVER

- Exploration of all facets of Yoga, beyond just the physical postures
- Somatic embodiment: Nervous system regulation through yoga, the healing power of the vagus nerve, Yoga and the polyvagal theory, Yoga to overcome Stress and Anxiety, Yoga in the event of Burnout & Dissociation, Yoga to connect to the Soma, Embodiment
- Trauma informed facilitation and inclusivity: Trauma awareness in Yoga classes, creating an inclusive space, mindful adjustment, healing touch, the art of teaching, cultivating a self empowered practice, creating community
- The link between evidence proved western sciences and the ancient wisdom of Yoga: The healing art of Restorative & Yin Yoga, the healing art of Movement, the healing art of Pranayama, the healing art of Meditation & Yoga Nidra, the healing art of humming & Chanting
- Yoga for the subtle body: Koshas, Bandhas, Mantras & Mudras, Chakra healing
- Feminine embodiment: Cycle awareness and intuitive movement



# LEARN, STUDY & GROW

You will learn how Yoga can support to work through emotions, explore nervous system regulation, the healing power of the vagus nerve, cycle awareness, feminine embodiment and cultivating a self caring and self empowered practice. Learning about creating a safe space for ourselves and/ or our community, inclusivity and trauma informed facilitation. We will also have a deeper look at the art of teaching which involves mindful adjustment and the art of healing touch.

You will have 70 hours of training and receive a certificate upon completion approved by the Yoga Alliance.



## RETREAT & REJANUVATE

Regulate your nervous system, connect with yourself & nature, rest & digest

Apart from receiving 2 daily embodiment practices you will have time during your breaks to enjoy the venue and facilities such as the saltwater swimming pool, garden and sauna to integrate, rest, recharge, retreat & rejanuvate





# OUR GUEST TEACHERS



## DANIEL SONIC ROJAS

Professional dancer and movement master, Daniel Sonic Rojas has been dancing & performing for more than 30 years, and is known around the world for his movement creativity and dance mastery.



## AMBER SAWYER

A life journey of more than 25 years of study and practice in Yoga, Ayurveda and Meditation, as well as a PhD in the Biomedical Sciences and a deeply seeded dharma of birth-work and pelvic health medicine have brought Amber into a unique path where scientific, ancient and sacred feminine wisdoms merge together into a holistic journey of exploration.



## EMMA COLBECK

An energy healer who works with the principles of coaching and somatic body work to create unique and intuitive, deep healing experiences.

Emma is a qualified yoga teacher, Ayurveda nutritionist. She is trained in Quantum Flow breath work & movement, Coaching and is also a Reiki Master.



## OUR YOGA MIND

Lilla's and Peter's passion is to create transformational and mindful experiences and to share the science of breathing and its connection to the nervous system since that wisdom has completely transformed their own life's.



## ULRIKE MANHART

Ulrike is a body-mind therapist and certified yoga teacher with more than 20 years of experience. She is generating power and inner joy from the centre to accelerate and facilitate processes to heal, balance and transform.

Sound, Mantra & Frequencies have a big impact on her healing work.



# THEIR OFFERINGS

## ALLIYANA MOVEMENT - DANIEL SONIC ROJAS

'Alliyana', derived from the Quechua language of South America, means to heal, cure or recover. Alliyana Movement is a unique art form that presents simple, yet powerful forms of movement to heal and evolve the connection to our body, mind and spirit. One can expect to find invigoration with a renewed connection to breath, organic movements and sustainable energy practices that explore mobility, locomotion, coordination, agility, strength and flexibility of all faculties - giving immense access to our deeper self.

## ELEMENTAL YOGA - AMBER SAWYER

The foundation of Amber's yoga practice is Elemental Yoga, where she explores the relationship between asana, meridian channels and elemental organ energies as an intentional blend of yin/yang expressions. Amber will be teaching the cosmic bowl workshop as well as elemental Yoga.

## BLUE LOTUS CEREMONY - EMMA COLBECK

The ceremony is based on an intuitively guided theme & intention, with curated music to enrich the experience. In the ceremony Emma will work with Quantum Flow breathwork and movement - to open and clear the vessel and space. She will also be working with the healing power of the Blue Lotus Flower. Free expression dance & movement to activate the flower and the healing.

## MASTER YOUR BREATH & COLD WATER THERAPY - OUR YOGA MIND

In this Workshop you will gain a vast knowledge about different breathing techniques which can help you to manage stress and regulate your nervous system. The workshop is very practical and you will take away a useful toolbox including a variety of Pranayama (breathing techniques) and exercises to improve your vagal tone. Additionally we will get a glimpse of cold water therapy as Lilla and Peter will give us an introduction about Wimhof and we will have an ice bath dip afterwards.

## COSMIC KIRTAN - ULRIKE MANHART

Sound, Mantra & Frequencies have a big impact on Ulrike's healing work. She will bless us with a cosmic Kirtan where we chant together in community.

# PRICING

**All prices include Tuition for 70 contact hours of training (1000€ / 800€ early bird), accommodation (550€ to 1050€), all inclusive catering, ceremonies, and all transfers (650€)**

**Early bird available until April 30**

## **Shared double room with shared bathroom**

regular Price 2200€  
*early bird price 2000€*

## **Shared double room with private bathroom**

regular Price 2300€  
*early bird price 2100€*

## **Private room with shared bathroom**

regular Price 2600€  
*early bird price 2400€*

## **Private room with private bathroom**

regular Price 2700€  
*early bird price 2500€*







# OUR PROMISE TO YOU

At Yoga MariSol integrity is our highest Value. We therefore guarantee you that everything at our offerings comes from the heart and a place of love

- 100% Fair Trade

Everyone involved in our offerings receives fair payment, this involves guest teachers, our private chef, the Finca, our contractors and assistants

- High Quality

We always thrive for the highest quality, continuous improvement, and education. Our aim is to always provide you with the best we have to offer

- Organic

All produce used for our trainings and retreats is also fair trade, locally sourced and organic

- Being inclusive

At Yoga MariSol we are an inclusive Yoga Place for every Ethnic, religion, sexual orientation, gender identification, and belief system. We are welcoming everyone that feels the call to practice, study, or retreat with us.

# TESTIMONIALS



MARIA IS AN INSPIRING, AUTHENTIC YOGA TEACHER WITH SO MUCH KNOWLEDGE, PASSION AND LOVE FOR YOGA AND ALL THE YOGIS SHE TEACHES.

HER YIN YOGA TRAINING IN MALLORCA IS TRANSFORMATIONAL, IT HAS GIVEN ME SO MUCH CONFIDENCE AND INSPIRATION TO TEACH OTHERS AND HAS RE-SPARKED MY LOVE FOR YOGA



MARIA AND HER COURSE WAS A BREATH OF FRESH AIR... THE FOOD WAS DELICIOUS, THE LOCATION WAS A BUBBLE IN NATURE, THE COURSE INFORMATION AND THE WAY IT WAS EXECUTED INSPIRING AND IT WAS SO WONDERFUL THAT MARIA ALLOWED A SPACE FOR EVERYONE TO SPEAK/SHARE/LISTEN. (I HAVE FOUND THIS ISN'T SO COMMON ON TRAINING COURSES!) TO ADD FURTHER JOY, THE GROUP ITSELF WAS A SPECIAL BUNCH OF LADIES THAT EACH HAD SOMETHING WONDERFUL TO OFFER. LOOK FORWARD TO JOINING MARIA ON ONE OF HER TRAININGS IN THE FUTURE. THANK YOU FROM THE BOTTOM OF MY HEART



MARIA DIEHN IS VERY KNOWLEDGEABLE IN HER FIELD, PASSIONATE ABOUT TEACHING AND EXTREMELY GENEROUS. THE TRAINING WAS WELL PLANNED AND DELIVERED IN A FANTASTIC WAY. MARIA WILL GO THE EXTRA MILE TO SUPPORT AND GUIDE ALL TRAINING PARTICIPANTS AND STUDENTS. THE NOURISHING FOOD AND BEAUTIFUL FINCA WHERE WE STAYED WAS ALSO A HIGHLIGHT, REALLY ENJOYED THE FULL EXPERIENCE. I HIGHLY RECOMMEND HER WONDERFUL TRAININGS AND WOMEN'S CIRCLES.



# I AM LOOKING FORWARD MEETING YOU



**MARIA DIEHN**  
LEAD TEACHER &  
FACILITATOR

FOUNDER OF YOGA  
MARISOL

