

YOGA MARISOL



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 in a field of tall grass and rocks. She is looking towards a bright sun setting behind her, creating a strong silhouette and lens flare. The text "YOUR HEART IS THE SEAT OF YOUR CONSCIENCE" is overlaid in white serif font across the lower half of the image.

YOUR HEART IS THE
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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 vedic 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
 - Somatic Flow
 - 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
- Seaside excursion to a beautiful beach

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



THE VENUE

TRAMUNTANA FLOW

- Tramuntana Flow, nestled in the serene village of Sa Cabaneta, Mallorca, offers a peaceful retreat surrounded by breathtaking mountain views.
- Fully Equipped Yoga Shala: the spacious yoga studio, flooded with natural light, provides a tranquil space for practice, complete with Manduka yoga mats, blocks, straps, and bolsters.
- Spectacular Views: Enjoy stunning vistas of the valley and mountains from the yoga terrace, where you can immerse yourself in the beauty of nature.
- Comfortable Accommodations: the main house offers cozy bedrooms with high-quality furnishings, offering a restful space after a day of exploration.
- Relaxation Amidst Nature: Explore the expansive gardens, dotted with citrus and almond trees, or unwind by the saltwater pool surrounded by lush greenery.
- Experience the serenity of Tramuntana Flow and embark on a journey of self-discovery amidst the tranquility of Mallorca's countryside.

04



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 & REJUVENATE

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 & rejuvenate.

OUR TEAM



MARIA DIEHN

Maria is an experienced Yoga Teacher with a specialized focus on Yin Yoga & TCM and Somatics & Nervous system regulation. Her teachings are dedicated to deepening the connection between body and mind through the gentle and reflective approach of yoga



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.

OUR OFFERINGS

FOUNDER - MARIA DIEHN

Maria will offer Somatic flow, Restorative Yoga, Yin Yoga, Yoga Nidra, Meditation, Pranayama, Chanting as well as intuitive Dance. She will also lead most lectures & Workshops

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 hours of training (1100€ / 900€ early bird), accommodation (600€ to 1100€), all inclusive catering, ceremonies, and all transfers (500€)

Early bird available until May 19th

Shared double room w/ shared bathroom (with one other room)

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



COMPLETING THE 70-HOUR TRAINING, 'SOMATIC YOGA,' WITH YOGA MARISOL WAS AN ABSOLUTELY AMAZING EXPERIENCE. THE TRAINING PROGRAM AS WELL AS EVERY SINGLE LESSON, WAS DESIGNED WITH INTENTION AND CARE. ADDITIONALLY, EACH GUEST TEACHER CONTRIBUTED VALUABLE INSIGHTS AND KNOWLEDGE TO THE PROGRAM.



EVERYTHING ABOUT THIS TRAINING WAS AMAZING! MY FAVOURITE THING ABOUT THE WEEK WAS THE ENVIRONMENT WHICH WAS CREATED, IT WAS A SAFE AND WELCOMING SPACE. I FOUND THIS EXPERIENCE EXTREMELY ENRICHING, AND THE KNOWLEDGE I GAINED WILL NOT ONLY HELP ME AS A TEACHER BUT ALSO FOR MY OWN PERSONAL GROWTH. THE FOOD AND ACCOMMODATION WAS ALSO INCREDIBLE.

I COULD NOT RECOMMEND THIS TRAINING MORE! I AM EXTREMELY GRATEFUL FOR THIS TRANSFORMATIVE AND BEAUTIFUL EXPERIENCE.



MARIA IS A WONDERFUL, KNOWLEDGEABLE TEACHER. SHE ALSO BROUGHT IN OTHER FACILITATORS TO SHARE THEIR MODALITIES, ALL OF WHOM WERE INFORMED, ENTHUSIASTIC, WARM AND WONDERFUL! I ENJOYED EVERY BIT OF THE COURSE, THE ONLY PROBLEM BEING THAT I HAD TO LEAVE!!! IF YOU'RE THINKING ABOUT IT, YOU SHOULD DO IT!

I AM LOOKING FORWARD MEETING YOU



MARIA DIEHN
LEAD TEACHER &
FACILITATOR

FOUNDER OF YOGA
MARISOL

