

200 Hour Vinyasa Yoga Teacher Training



JOURNEY THROUGH THE
FIVE ELEMENTS

September 2024 – July 2025

WWW.VIVASTUDIOBERLIN.COM

'THE JOURNEY OF A THOUSAND
MILES BEGINS WITH ONE STEP'
- LAO TZU



Have you been thinking of making a change to the way you live? Have you felt a shift in your consciousness and want to explore this in the company of like minded individuals?

At Viva, we believe in the power of community, the power of yoga and the power of positive intention. Our classes, workshops, retreats and teacher trainings are all based on the five elements (earth, water, fire, air and aether), which are both within us and all around us.

Come on a journey with us – explore how the elements interact, how to balance them out both within yourself and others, and how they can be made to flow.

Come join the circle.





VANESSA MUNOZ-PRETZELL

I am a Desert Rose because my home is the High Desert of Texas and New Mexico where the Desert Rose, whose flowers I love, is widespread. Like the Desert Rose, I feel most comfortable in nature where there are high temperatures and lots of sunshine. Oh and I love the song Desert Rose by Sting. I have been a Nomad and a Free Spirit all my life. Yoga is much more than a hobby to me: it is my lifeblood. When my father, a Kundalini Teacher, introduced me to Yoga in my early Twenties, I was a lost soul. The minute I discovered Yoga I knew that I was found. Not a day went by when I didn't hear the mat calling to me. In October 2012 I decided to turn my passion into my profession and became an RYT 200 Yoga Alliance certified Yoga Teacher with Anamaya in Costa Rica, under the supervision of Paula Tursi from Reflections Yoga in New York.

I immediately started teaching at Casa de Yoga in El Paso, Texas and have never looked back. I have continued to expand my knowledge and thirst for growth or "picking at the wound" as some call it, becoming E-RYT 500 certified Teacher with School Yoga Institute (SIY) on Bali in 2019, a Kundalini (KRI 300) teacher in 2020 with Panch Nishan in Berlin, an Ayurveda Wellness Coach with Katie Silcox's Shakti School and Yin Yoga Teacher (Soma Chandra, Persia Juliet) in 2021, a Crystal Bowl Facilitator with Irina Stern's Sound Alchemy in 2022 as well as a Breathwork Facilitator in Portugal in 2023 (Mela Mariposa). I am also a Teacher Trainer with SYI, to whom I am grateful for continuing to ask me to facilitate teacher trainings around the world.

I now channel my passion for Yoga into passing on my knowledge and experience to others, utilising a broad set of influences and knowledge acquired over time, including TCM, Ayurveda, Shamanism, Breathwork, Meditation and Sound Healing. My teaching style is a reflection of me, a melting pot of influences and inspirations from around the world.

Our Teachers

CAROLINE EDER



Caro is a physiotherapist and Kundalini yoga teacher. She works as a guest teacher, specialized in eastern & western anatomy, alignment & asana in different Teacher Trainings since 2015. As a physical therapist and bodyworker the alignment of the individuals body structure is in her main interest, in order to allow the energy to move more freely.

MISA MLADENOVIC

Misa was born in Belgrade in a family of athletes that dedicated most of their life to sports. Prolific in sport from his early days, he explored martial arts and acrobatics. Falling in love with Yoga happened while studying sports on the faculty of sport and physical education.



MARIE SCHUPPAN

Marie is bilingual (half American/ half German) and can teach in both languages. She just got back from 6 months in Carbondale, CO where she taught at both True Nature and Kulayoga. She brings with her several teacher trainings (2008-2018), yoga therapeutics, Yinyoga tt (2012) and yoga nidra tt (2017), AYS (Ayurveda Yoga Specialist 2020) meditation tt (2020-2022 Himalyan Institute, Homestead, PA)



Modules



EARTH ELEMENT + OPENING CEREMONY

September 27th-29th & Oct. 18th-20th=40 HOURS

WATER ELEMENT

Nov. 15th-17th & Jan. 10th-12th 2025 = 40 hours



FIRE ELEMENT

Feb. 21st-23rd & March 21st -23rd (retreat in Wandlitz
Brandenburg) = 40 hours

AIR ELEMENT

April 11th-13th & May 9th-11th = 40 hours



AETHER ELEMENT

June 13th-15th & July 4th-6th = 40 hours



Module 1

EARTH ELEMENT + OPENING CEREMONY



Earth represents our foundation.
Introduction and explanation of the Earth
Element and its importance. What is Yoga?

- Opening Cacao Ceremony
- Authentic Relating
- The Story of Yoga
- Intro to Yoga Sutras
- Intro to Pranayama
- Anatomy-foundations, bones, joints
and integral language
- Muladhara Chakra



Module 2

WATER ELEMENT



Water represents movement, cleansing, emotions & letting go. Introduction and explanation of the Water Element & its importance. What is the subtle body?

- The Nervous System
- Emotions
- Trauma
- Conscious Connected Breathwork
- Anatomy- pelvis, hip, psoas, connective tissue
- Swadhishtana Chakra

Module 3

FIRE ELEMENT



Fire represents life, transformation & digestion. Introduction and explanation of the fire element and its importance.

What is Agni?

- Intro to Ayurveda
- Nutrition
- Bandhas
- Fire Ceremony
- Anatomy (6 hours) spine, navel, core, muscle tissue
- Manipura Chakra



Module 4

AIR ELEMENT



Air represents movement, strength and the breath of life. Introduction to the Air Element and its importance.

What is your hearts deepest desire?

- How to create a heartfelt and safe space
- Role of a Teacher
- Authenticity, finding your voice
- Gift Share
- Anatomy (6 hours) shoulder, heart, lungs, diaphragm & cardiovascular system
- Anahata Chakra



Module 5

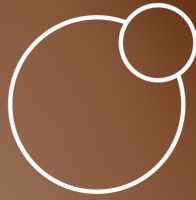
AETHER ELEMENT



Aether represents space, sound and infinity. Introduction to the Ether Element and its importance. What is Meditation? How does the mind work?

- How to incorporate sound
- Business, Professional essentials
- Projections into the future
- Create a group class
- Practicum/Test
- Closing Graduation Celebration
- Anatomy (6 hours) viscera, injuries, intro Prenatal Yoga
- Vishuddha, Ajna and Sahasrara Chakra





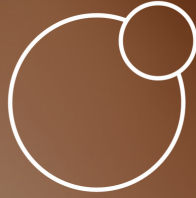
WHAT IS INCLUDED?

- 200 Hour Yoga Alliance Teacher Training Certification
- Teacher Training Manual & Asana Manual
- Bilingual (English & German)
- Breakfast on Saturdays and Sundays on Module training weekends
- 20 Class Pass at VIVA STUDIO
- 3 day retreat in the Brandenburg area (does not include accommodation)
- Mentoring during the Training
- Breath-work session
- Opening & Closing Ceremonies, Cacao and Kava Ceremony
- Digital Library of recorded lectures and classes
- Teach Donation Based Classes at VIVA
- Tea and Water
- All props
- Showers, shower gel and towels



WHAT IS NOT INCLUDED?

- Transportation to retreat
- Lunch and drinks at VIVA
- Extra classes & workshops



WHAT IS EXPECTED?

- Completion of all Modules to receive your certificate
- Participation of 20 signed off yoga classes at VIVA STUDIO
- 3 observation classes signed off by VIVA teacher
- 3 hands on practice classes at VIVA STUDIO
- Present at both opening and closing ceremonies
- All homework turned in before graduation day
- Students are responsible for keeping track of their missed hours and must communicate with fellow students on missed material
- Questions & concerns should be communicated via email

Sample Schedule

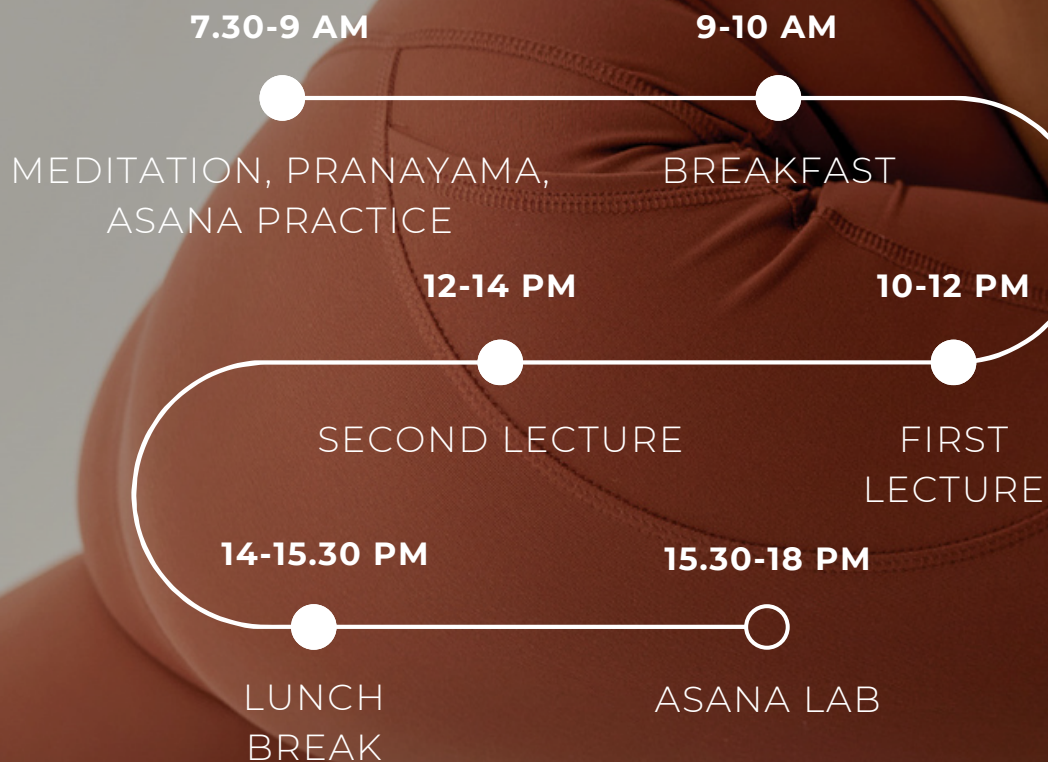
FRIDAYS 5 PM – 9 PM

(4 HOURS)

- CHECK-IN & REVIEW
- GUEST TEACHERS
- PRACTICE YOGA

SATURDAYS & SUNDAYS

(8 HOURS EACH DAY)



Payment Plan

PAID IN FULL

no plan

€3,900

✔ Save money

receive early bird discount of 300€ if booked by June 1st

6 MONTH

instalment plan

€630
Monthly

✔ 5% fee applies

✔ 300€ deposit

Total: 4.080€

12 MONTH

instalment plan

€330
Monthly

✔ 10% fee applies

✔ 300€ deposit

Total: 4.200€

18 MONTH

instalment plan

€230
Monthly

✔ 15% fee applies

✔ 300€ deposit

Total: 4.440€





Come on a journey with us – explore how
the elements interact, how to balance
them out both within yourself and others,
and how they can be made to flow.

COME JOIN THE CIRCLE.

CONTACT

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