

PRAKĀŚA – The Light of Teaching
75h Advanced Yoga Teacher Training
March 2026 · Berlin

For bookings & Info, please contact: namaste@greenyoga.co



Photo Sebastian LaFuce

This training is for you if...

- You want to deepen your practice & find out if Yoga is your path
 - You are already a certified yoga teacher (200h+) and want to refine your craft.
 - You want to teach with more clarity, confidence, and authenticity.
 - You are curious about **sound, mantra, philosophy, and presence** as tools for transformation.
 - You are ready to expand your offerings and grow a yoga career that feels sustainable.
 - You long to connect with a supportive community of teachers.
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What you will learn

- **Mindful Sequencing, Hands-On Assists & Philosophy** with Debo;
- **All About Sound – Initiation on the Gongs, Singing Bowls, & Introduction of Bhakti & Mantra Singing** with Nora & Silvia;
- **The Business of Yoga & Marketing** with Sonja;
- **Yoga & Sustainability**



Every module explained...

The Yoga Path – Sequencing, Philosophy & Presence with Debo

Yoga is more than postures – it is a way of teaching, seeing, and being. In this training you will deepen your skills as both a **practitioner and a teacher.**

Mindful Sequencing

- Learn to create intelligent, fluid, and meaningful classes that carry students on a journey.
- Explore peak-pose sequencing, integrating themes into asana classes, and balancing strength, mobility, and restoration.
- Understand how to adapt classes for different levels with confidence.

Hands-On Assists

- Practice safe and effective adjustments.
- Develop the art of grounding, lengthening, and deepening through touch.
- Refine your sensitivity, presence, and intention when assisting.

Philosophy & Teacher Presence

- Learn to translate philosophy into practical, modern teaching.
- Discover how to cultivate your authentic teaching voice.
- See every class as a chance to teach from devotion, compassion, and clarity.



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All About Sound – Initiation on the Gongs, Singing Bowls & Introduction to Bhakti & Mantra with Nora & Silvia

GONGS

- Explore the history & philosophy of the gong – from ritual to sound therapy.
- Learn playing techniques for creating different tones and atmospheres.
- Practice structuring gong baths and gong puja nights.
- Develop mindfulness and presence as the key to powerful gong playing.
- Deepen your connection through extended practice sessions.

SINGING BOWLS

- Learn the origins, energetics, and healing power of Tibetan singing bowls.
- Playing techniques & connection to chakras & the energetical body.
- Play bowls for savasana, meditation, and group sessions.
- Create layered soundscapes for relaxation, emotional release, and nervous system balance.
- Explore the connection between bowls, breath & voice.

BHAKTI & MANTRA

- Open your voice with simple, powerful chanting practices.
- Discover the joy of devotional singing in community.

- Learn to integrate mantra into your classes to awaken heart and presence.



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The Business of Yoga – Marketing, Branding & Sustainable Growth with Sonja

Teaching yoga is a path of service, but it is also a profession. This module empowers you with the **skills to share your gifts sustainably**.

Foundations of Yoga Marketing

- Define your teaching voice, niche and brand identity.
- Use social media, newsletters & other marketing tools effectively.
- Build visibility while staying true to your values.
- How to grow your classes, workshops & retreats.

Practical Business Tools

- Set pricing strategies for classes, workshops, retreats, and training.
- Create a business plan aligned with your lifestyle and goals.
- Learn accounting basics and financial management.
- Avoid burnout by managing time and energy wisely.

With Sonja's unique background as a yoga teacher, studio owner, and marketing professional, you'll gain both inspiration and practical strategies.



Photo Klavs_x

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Yoga & Sustainability

How can yoga teachers embody **ahimsa** in today's world?

This module invites you to:

- Design eco-conscious retreats & workshops.
- Reduce the environmental footprint of your offerings.
- Create sustainable teaching structures for your own energy.
- Inspire students to weave sustainability into everyday life.



Photo Klavs_x

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Dates & Times

March 2026

- 6.–8.3.
- 13.–15.3.
- 20.–22.3.
- 27.–29.3.
- 4.4. –Final Exam & Closing Ceremony with Cacao, Mantra Concert & Ecstatic Dance

Fridays are evening sessions (18:00–21:00).

Saturdays & Sundays run 08:00–17:30.

A Typical Training Day (Sample doesn't include the full schedule)

Fridays - *Business of Yoga with Sonja*

6.3. 18-21: Welcoming, Intro & Opening Circle with all teachers & students

13.3. 18-21: Marketing with Sonja

20.3. 18-21: Accounting, Invoicing, Insurances with Sonja

27.3. 18-21: Sustainability & Business Plan with Sonja

Saturdays - *All about Sound - Gongs, Tibetan Bowls, Bhakti & Mantras - Each Saturday another focus*

8-10: Arrival Meditation & Sharing

10-11: Theory Session

11-13: Practice/ Playing Sessions

13-14: Lunch break

14-15: Lecture on Practice

15-16: Mindfulness Techniques

16-17: Practice/ Playing Sessions

Sundays - *Asana Practice with Debo*

8-8.30 Meditation

9-10.30: Asana practice

11-13: Alignment and hands on assist

13-14: Lunch break

14-15.30: Yoga philosophy

16-17.30: mindful sequencing and find your voice as a teacher



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Meet the Teachers

Deborah Bettega – 1300+hr certified teacher, retreat leader, and Berlin-based senior teacher with 8 years' experience. Deeply rooted in philosophy, sequencing, and devotional practice.



Deborah Bettega

Nora Schirmeier – Co-founder of Green Yoga, Gong Master, Vipassana meditator, and sound guide, offering gong training and sound journeys since 2018.



Nora Schirmeier - Photo Klavs_x

Silvia Laporta – Bodyworker, yoga teacher, and sound artist. Trained in gongs and singing bowls worldwide, she merges resonance, voice, and layered textures to create healing soundscapes.



Silvia Laporta - Photo Klavs_x

Sonja Engelhardt – Studio owner, yoga teacher, and entrepreneur with a background in communications &

marketing. Passionate about empowering teachers to create sustainable yoga careers.



Sonja Engelhardt

Christian Rippel, Yoga Teacher, Breathwork facilitator & Ecstatic Dance Dj, he will guide us during the Graduation Ceremony Cacao & Ecstatic Dance



Christian Rippel

Sri Kant Beeram co-founder of Green Yoga, Singer, Comedian, Yoga Teacher & Entrepreneur with a deep love for the Earth and the Environment. He will lead the Closing Ceremony with Christian and sing Live Mantra.



Sri Kant Beeram

Harsh Mirani: 1250 hrs Certified Yoga Teacher in Berlin offering Yin, Vinyasa, Hatha, Aerial and Acro Yoga classes for 5 years. Trained in Yoga Anatomy, Pranayam, Asana and Gongs with a focus on Asana and Anatomy. Harsh will assist Deborah during the Yoga Training Module.



Harsh Mirani - Photo Klavs_x

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Your Investment

Modules can also be booked individually.

Training will only take place with a minimum of 10 participants.

FULL TRAINING

- **Extra Early Bird (Green Yoga Teachers only):** 890€ (until 30.09.2025)
- **Early Bird:** 990€ (until 31.12.2025)
- **Regular Price:** 1090€
- Installment payment possible
- Pay in full = extra 50€ discount

All about Sound & Business OR The Yoga Path & Business

- **Extra Early Bird (Green Yoga Teachers only):** 700€ (until 30.09.2025)
- **Early Bird:** 750€ (until 31.12.2025)
- **Regular Price:** 850€
- Installment payment possible

**To be eligible for Super Early Bird & Early Bird Discount
Payment must arrive on our bank account until 30.9. &
31.12.25**

Bank Details: DE63 1007 0397 0065 7247 00, Green Yoga
Friedrichshain

Invoice will be provided by Green Yoga Friedrichshain

Payment is not refundable

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What this Training Offers You

In a nutshell

- 75h Advanced YTT Certificate
- A deepening of your **teaching voice and presence**
- Skills in sequencing, assists, and yoga philosophy
- A solid foundation in **gong and singing bowl playing**
- Marketing & business strategies for a sustainable yoga career
- Tools for integrating sustainability into your work and life
- A vibrant teacher community to grow and learn with



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Final Graduation & Celebration

We will close our journey with a heart-opening Cacao Ceremony led by Christian & Sri, weaving together mantra, music and ecstatic dance. This sacred celebration will allow you to embody everything you have learned, honor your growth and step into the world not only as a teacher but as a radiant light in your community!



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