



# Soma Yoga Institute at Okreblue, Greece

200 & 300 Hour Yoga Teacher Training  
Yoga Alliance Authorized School







## Paros, Greece

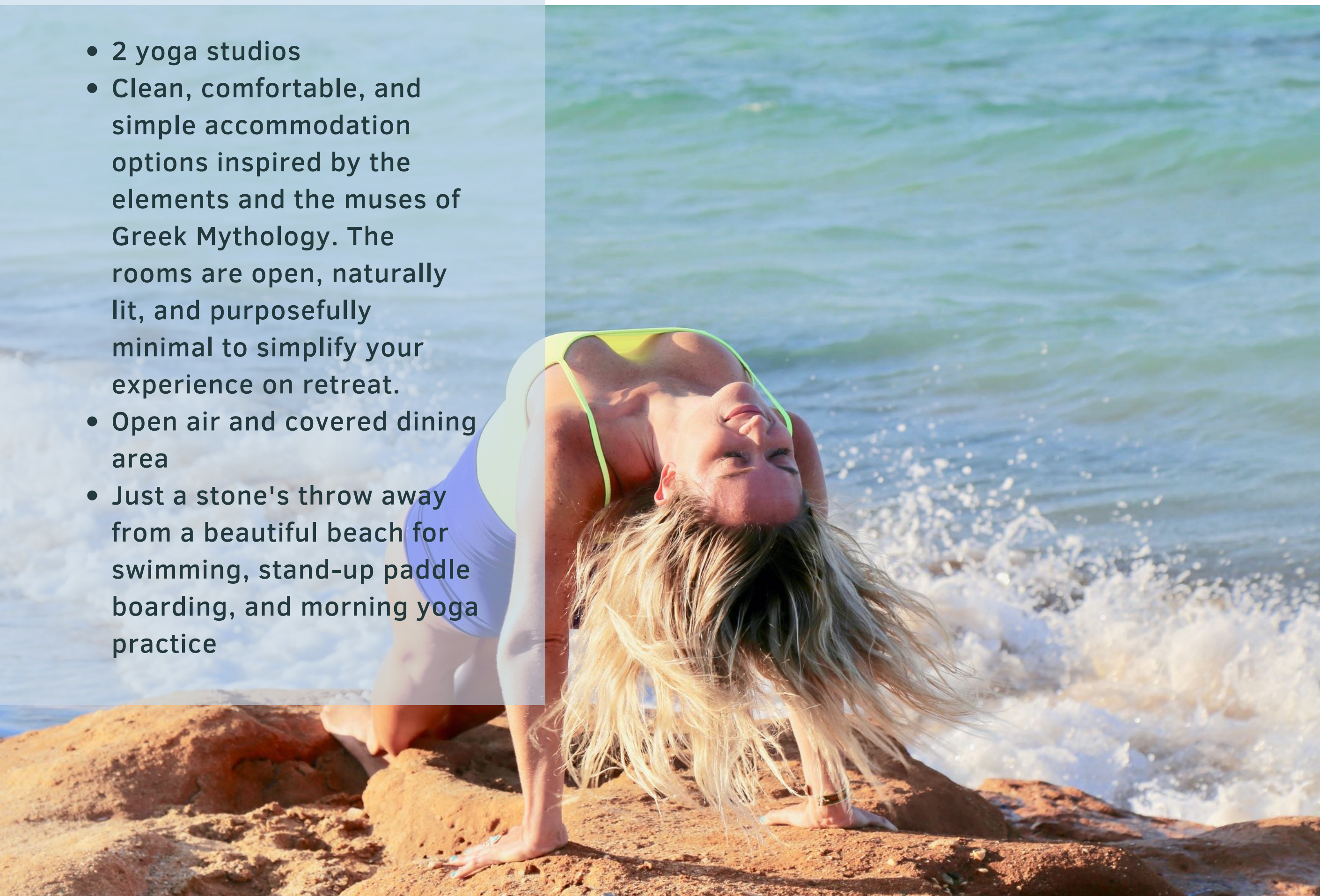


Join us at Okreblue Yoga Resort on the Island of Paros in Greece where you will find a tranquil island atmosphere, dazzling beaches, and clear azure waters. In perfect balance with nature, Okreblue Eco Yoga Retreat stands apart as a wellness destination for you to retreat, restore and deepen your connection with mind, body and soul. A perfect location for your yoga teacher training.



## Property Facilities Include

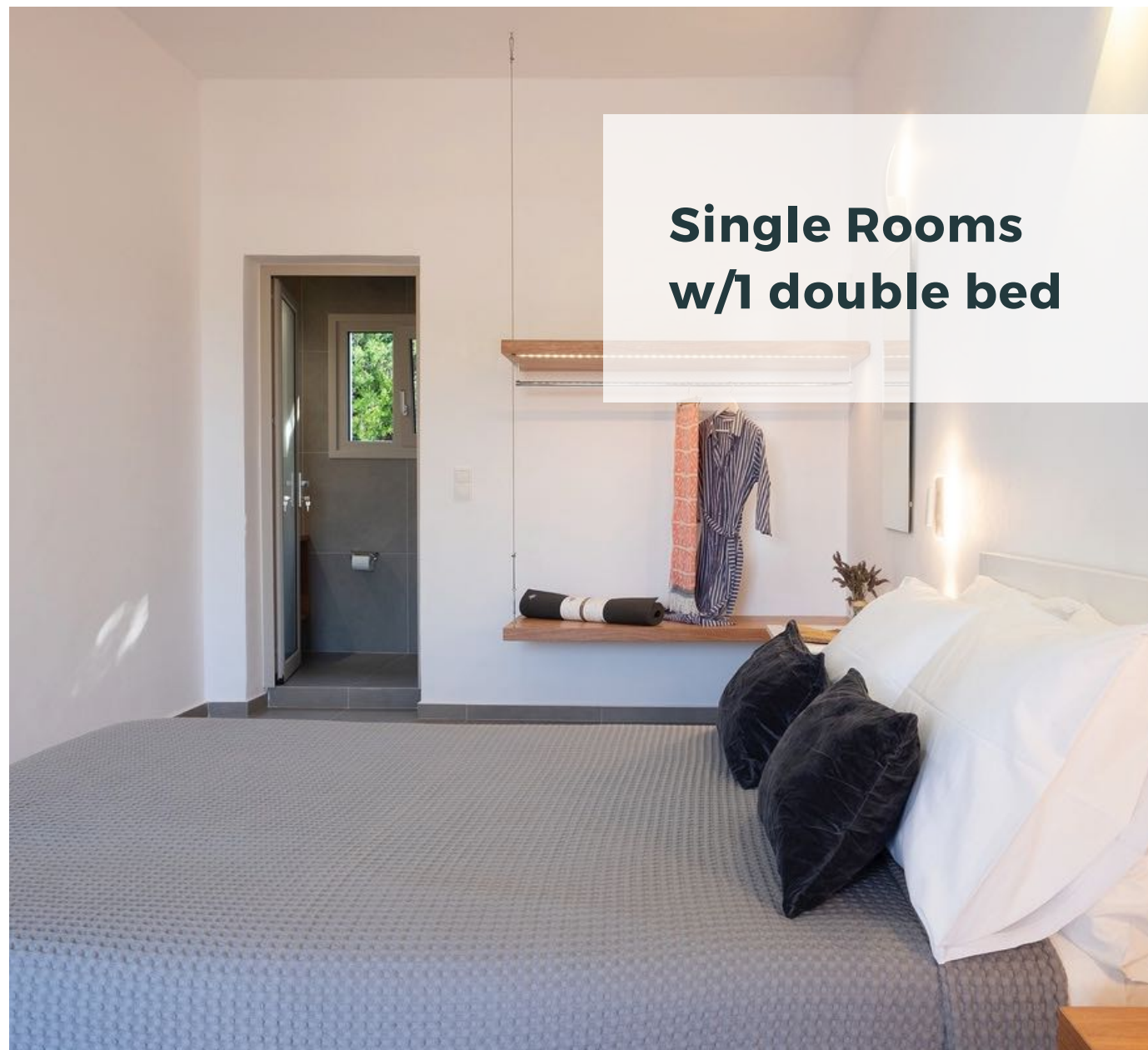
- 2 yoga studios
- Clean, comfortable, and simple accommodation options inspired by the elements and the muses of Greek Mythology. The rooms are open, naturally lit, and purposefully minimal to simplify your experience on retreat.
- Open air and covered dining area
- Just a stone's throw away from a beautiful beach for swimming, stand-up paddle boarding, and morning yoga practice







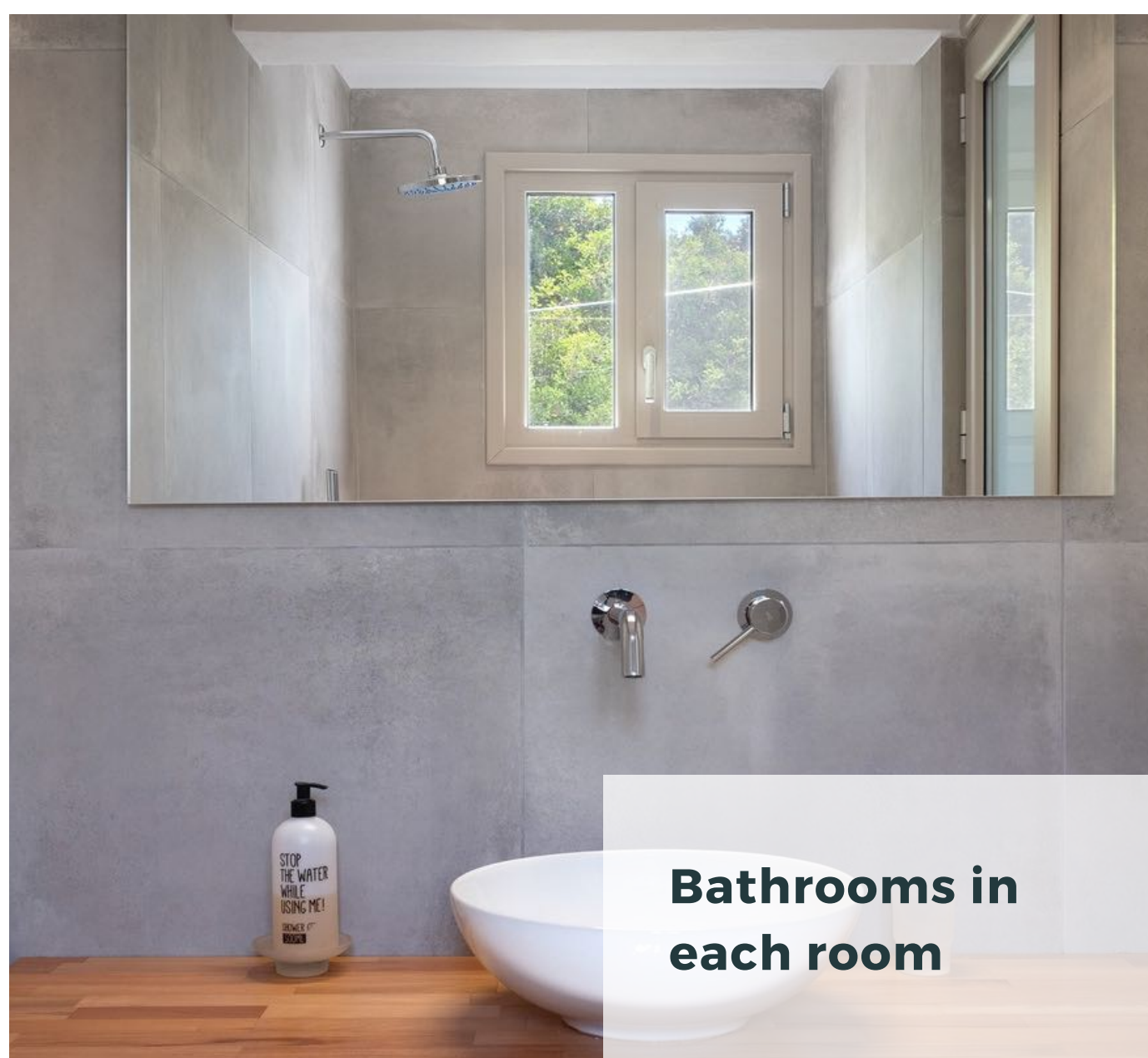
**Double Rooms  
w/2 single beds**



**Single Rooms  
w/1 double bed**



**Triple Rooms  
w/3 single bed**

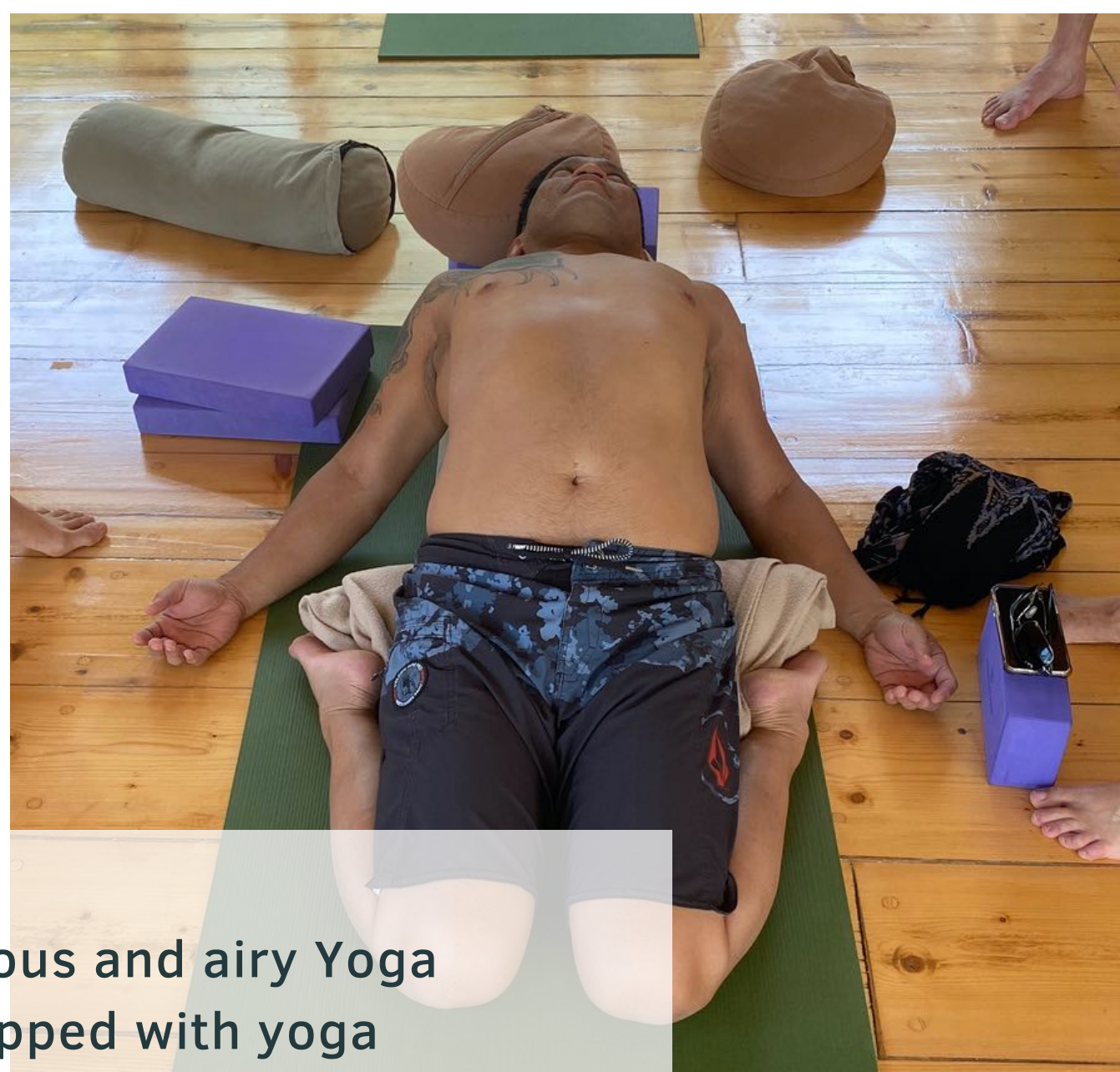
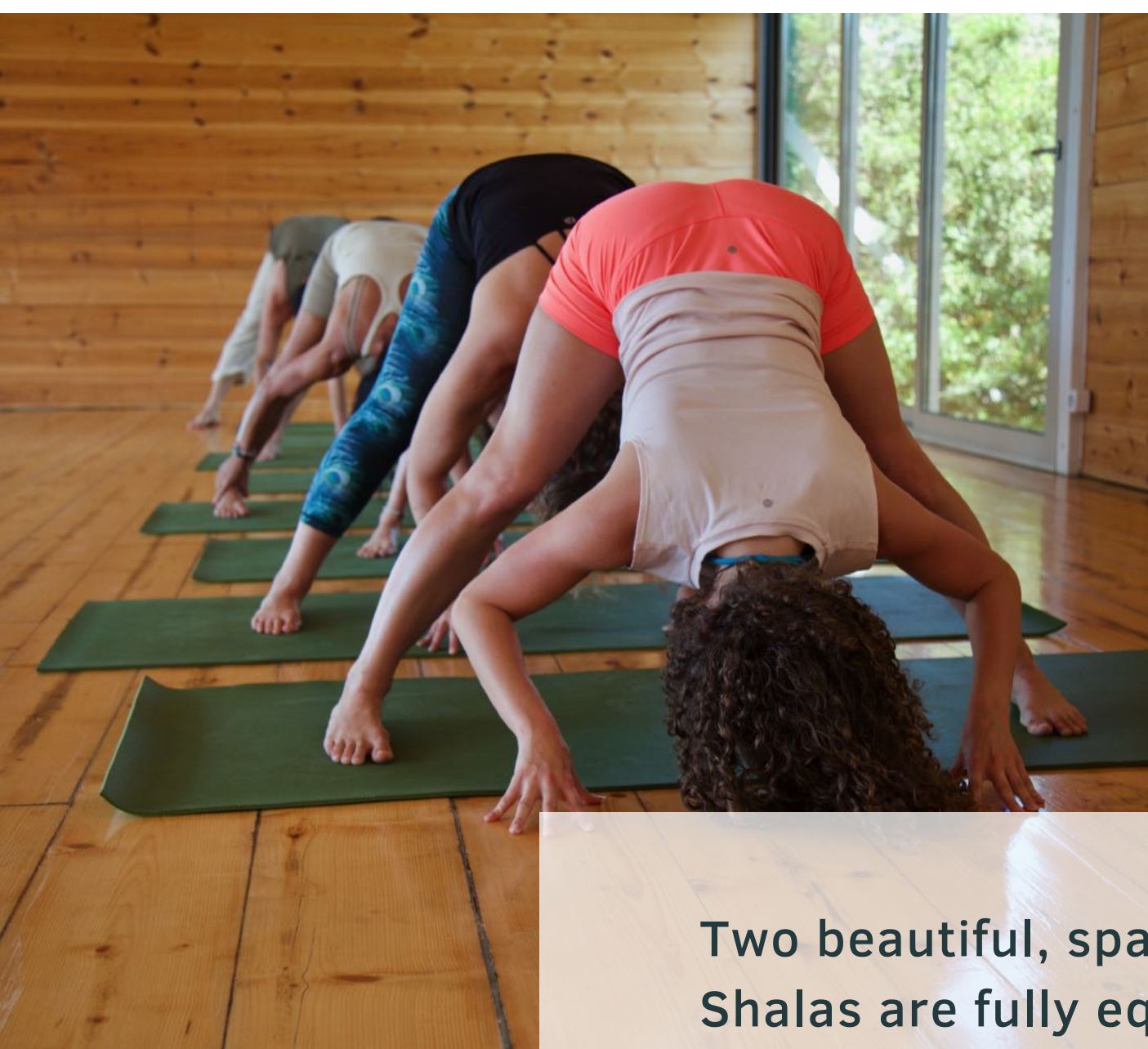


**Bathrooms in  
each room**



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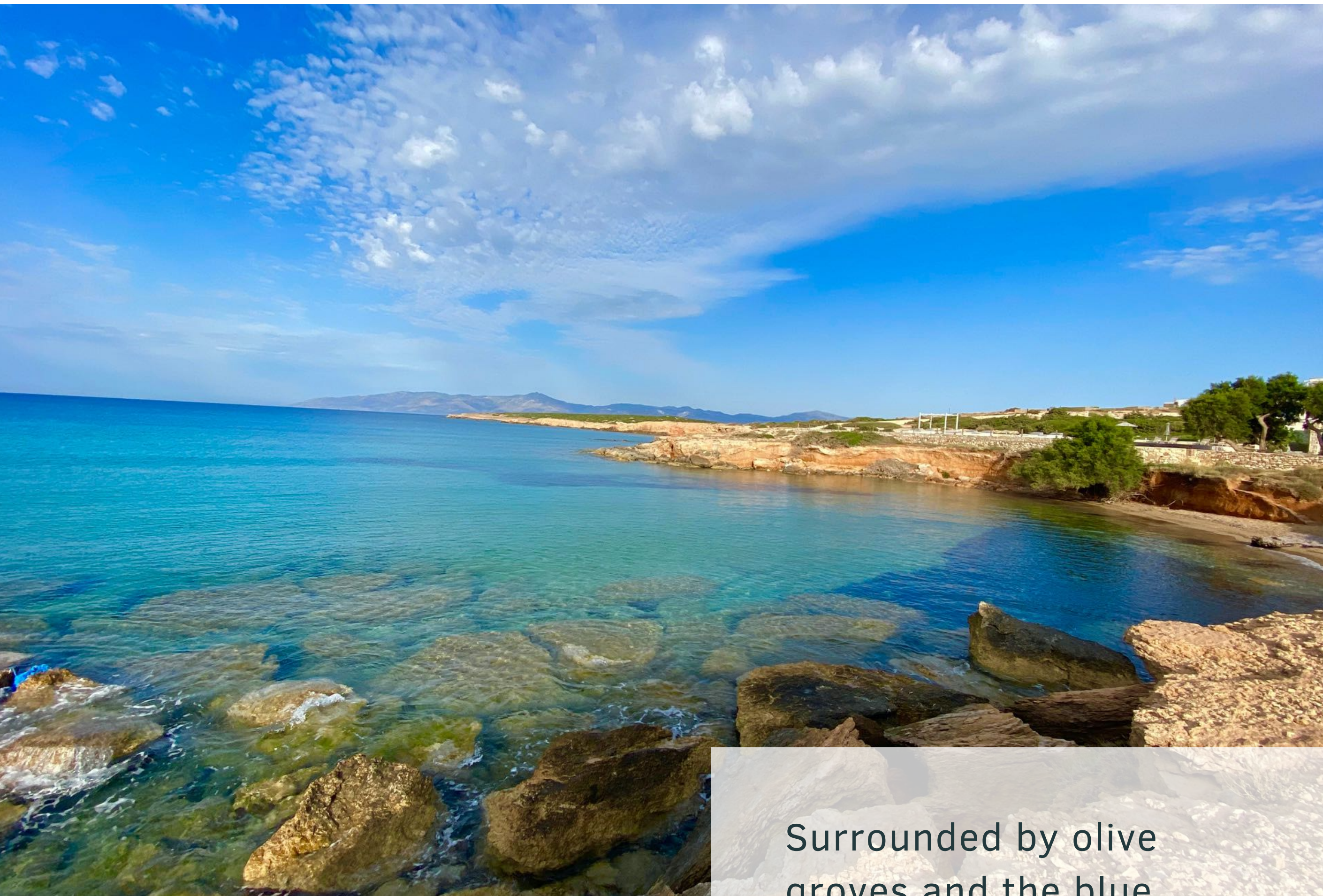




Two beautiful, spacious and airy Yoga Shalas are fully equipped with yoga mats, blocks, blankets, bolsters, and straps.



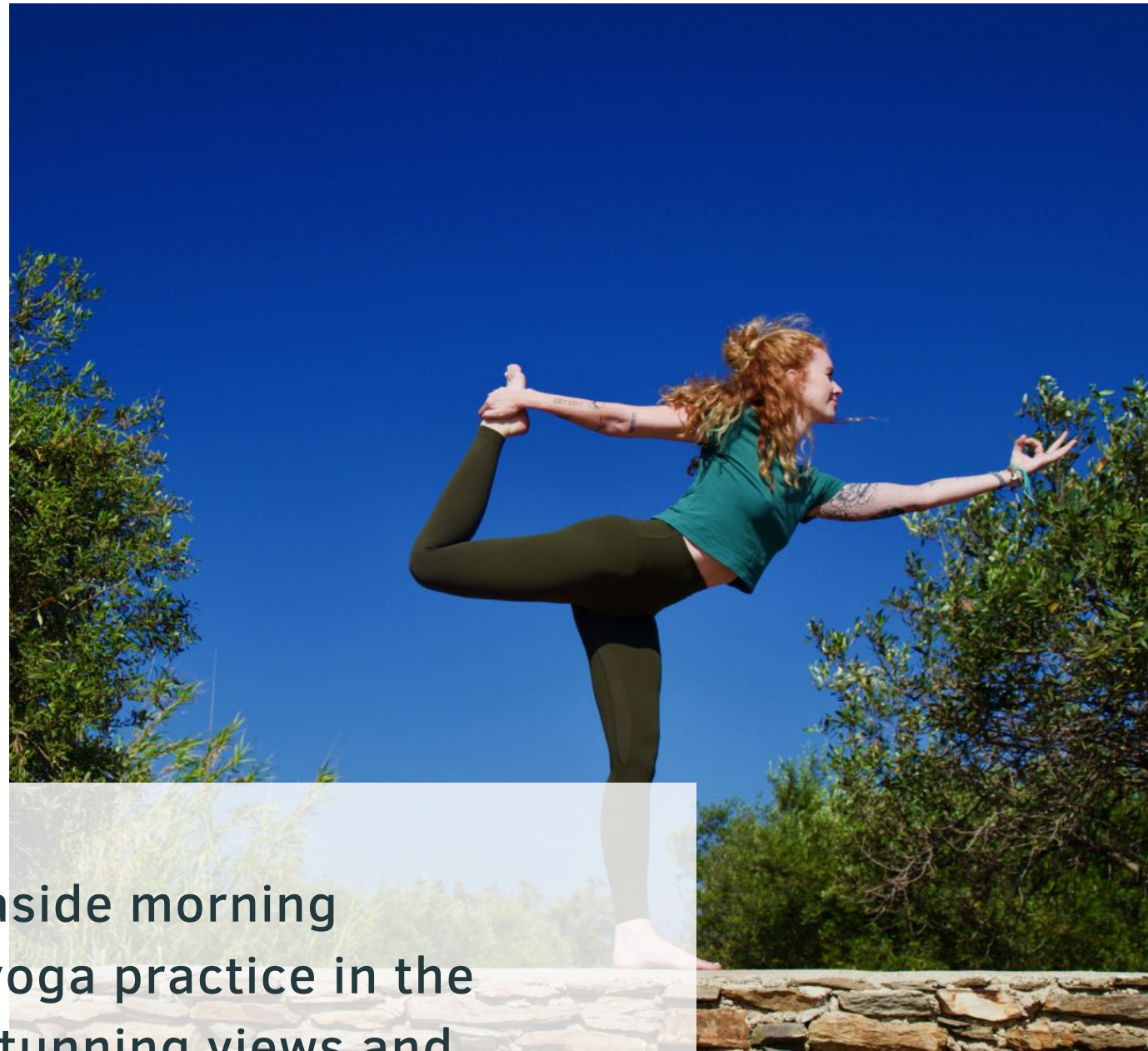




Surrounded by olive groves and the blue, blue waters of the Aegean sea



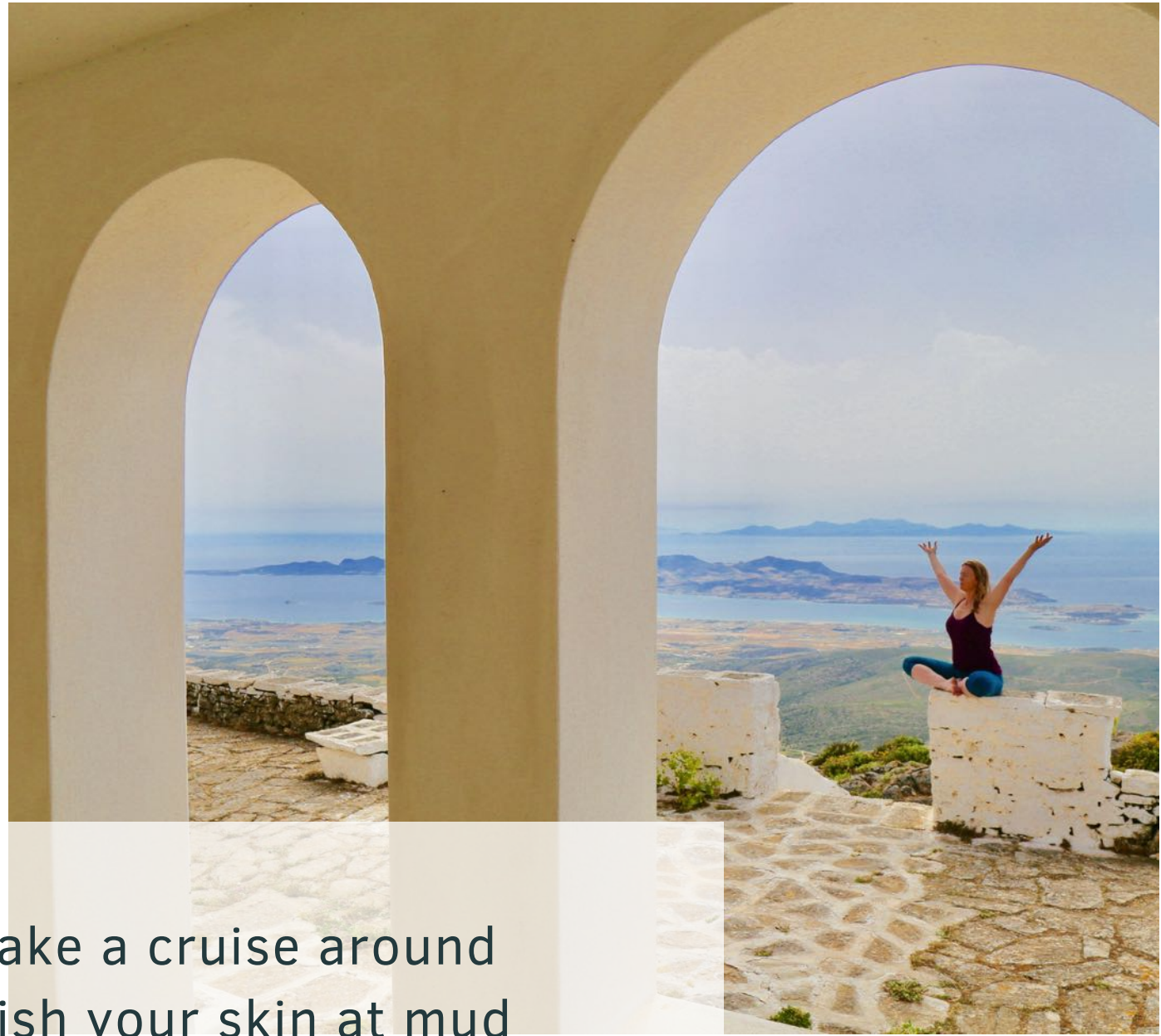




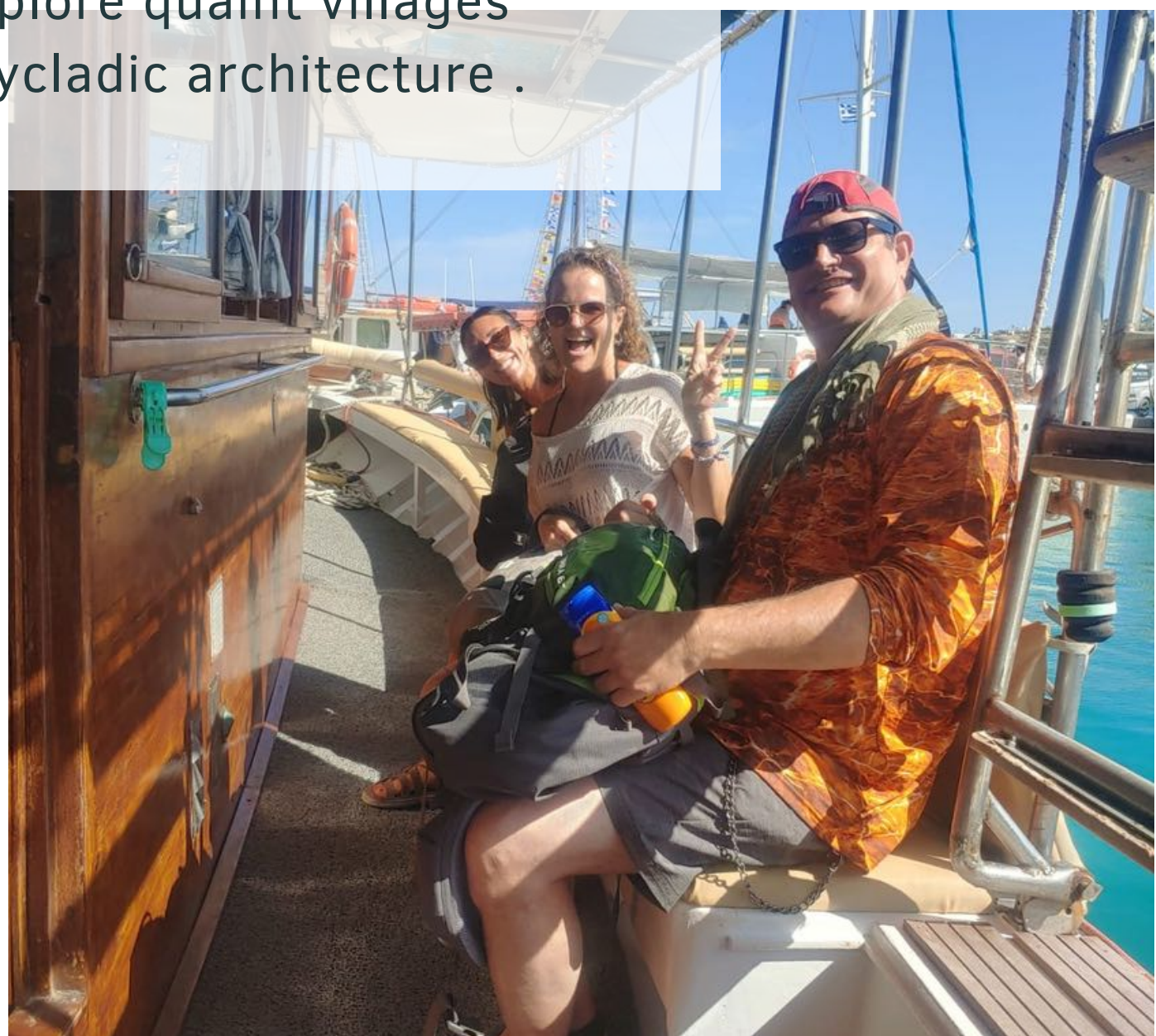
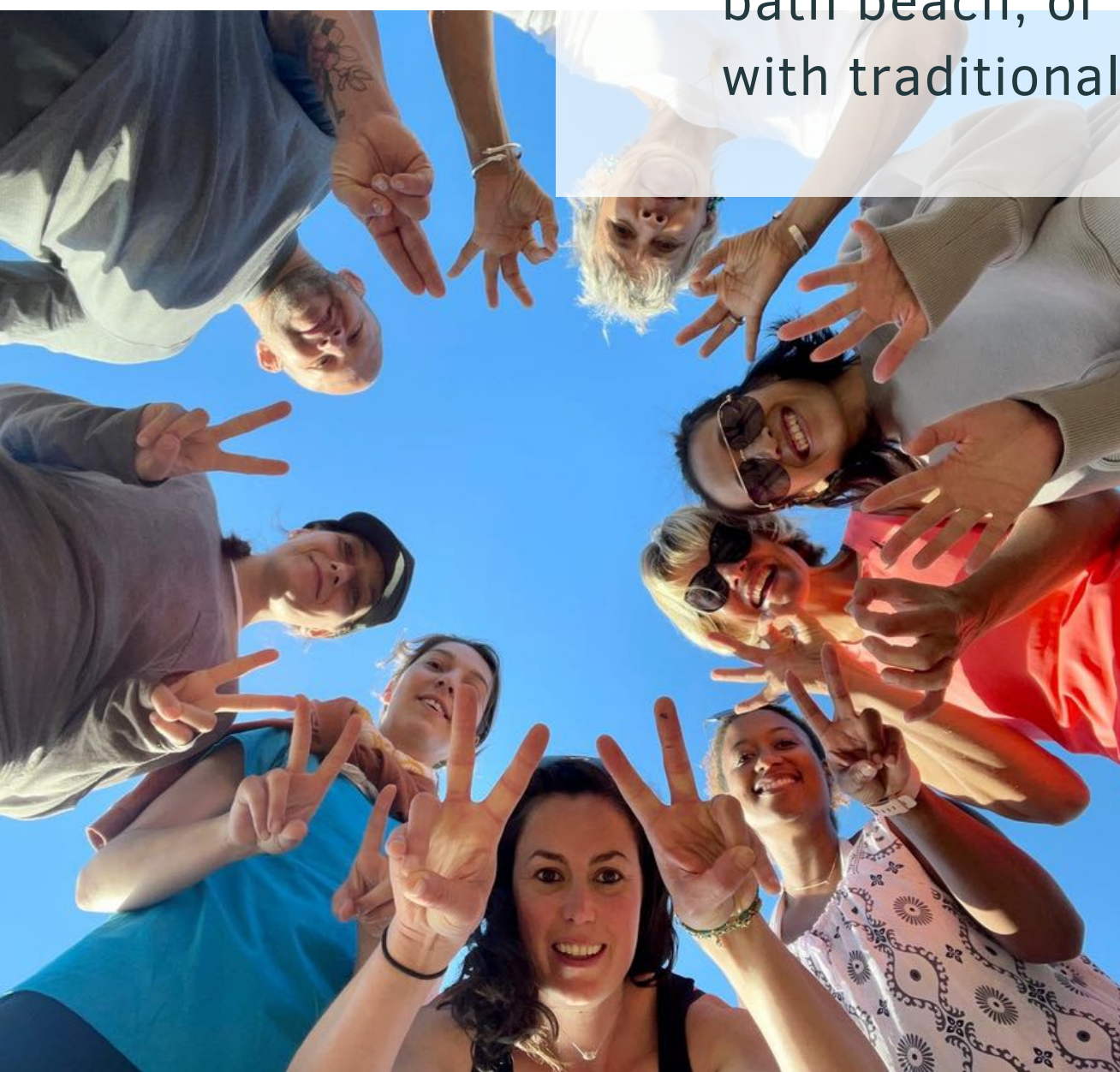
Enjoy sunrise, seaside morning meditations and yoga practice in the olive grove. The stunning views and the beautiful vibe of Paros is sure to soothe your soul.







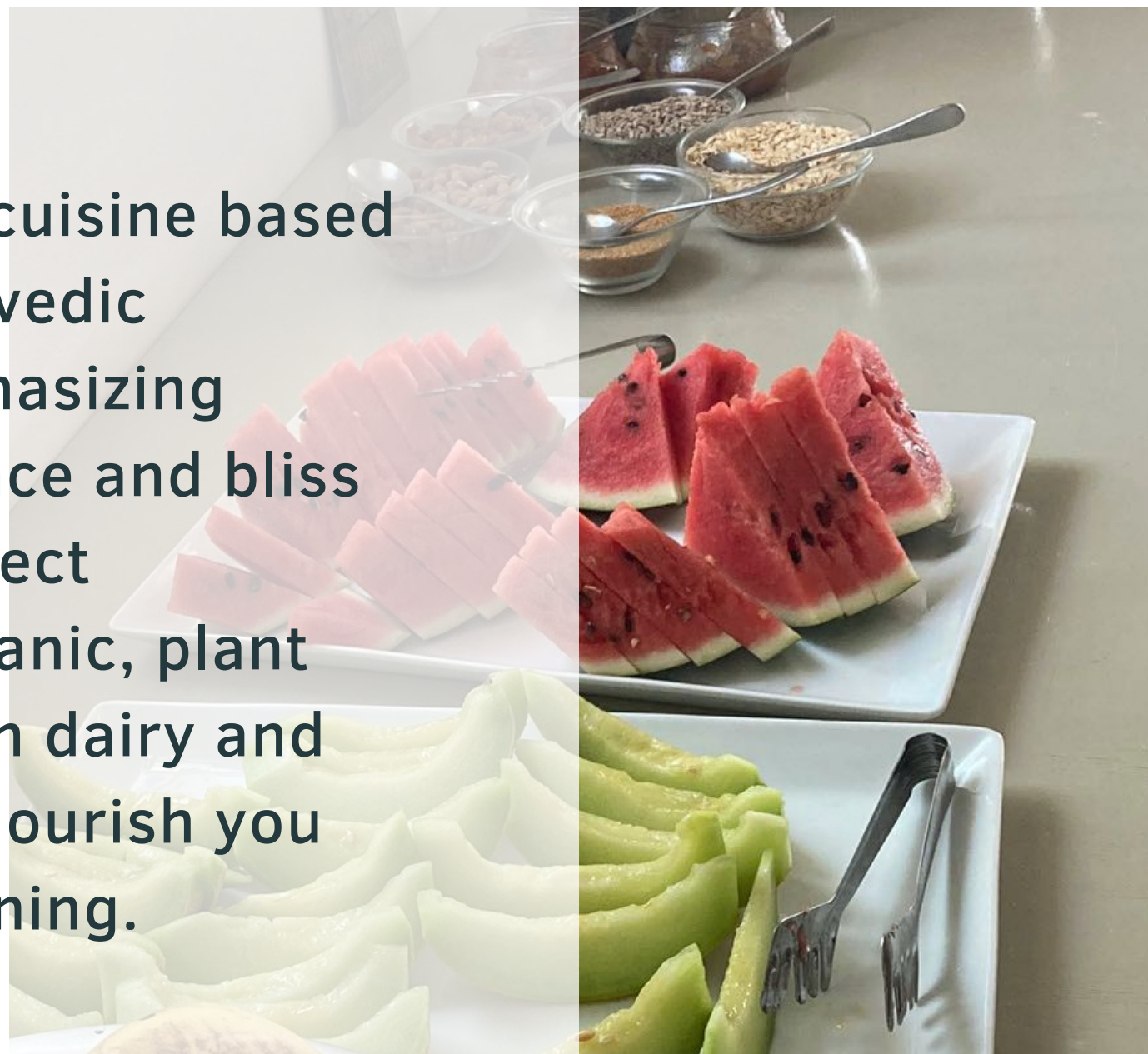
On your day off; take a cruise around the island, replenish your skin at mud bath beach, or explore quaint villages with traditional Cycladic architecture .







Enjoy delicious cuisine based on ancient Ayurvedic principles, emphasizing wellbeing, balance and bliss in the body. Expect wholesome, organic, plant based foods with dairy and egg options to nourish you during your training.



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## DIVERSE STUDENTS – SAFE, LOVING ENVIRONMENT FOR LEARNING

Our students have one thing in common - they all want to dive in deep into the study and practice of yoga. Other than that we are a pretty diverse group. The ages of our past students span from 18 to 70+ from many different countries. Some have been teaching for years and join to refine their craft. Others come just out of their 200-hour course and are newer to teaching desiring more confidence. This diversity provides a rich learning environment for you to understand how to adapt the practices so ALL BODIES can do yoga. ALL WELCOME!





**I feel like I am the best version of me, I understand myself and my yoga practice on such a deeper level now, my relationships have become more authentic, and I feel inspired and excited to share everything I have learned. I loved learning the alignment of each pose and practicing using different language to cue them. I also loved practicing theming and sequencing mindfully. I truly enjoyed every part of this 300 hour YTT in Greece, the classes, the schedule, the food, the people. And the moments in-between classes when we were eating and all get to just hang out. I feel so lucky to have gotten to learn from so many magical teachers. I would 100% no doubt in my mind do another YTT with Soma Yoga Institute! I am truly GrateFULL! - Taylor Quinn**



**Soma Yoga Institute's 200 Hour YTT is how I built my business and my successful clientele base, the 300 Hour will sustain and nourish it. Through the 300-hour immersion program in Greece, the alignment, breathing, philosophy education, with insightful critique from the teachers helped me sharpen my craft. Do I recommend it? Yes, in a heartbeat! - Reyn Cabarloc**



**This 300 Hour YTT gave me a much more in-depth knowledge of the body and anatomy and a more precise vocabulary and dialogue. My confidence as a teacher has grown exponentially as well, as the quality of my teaching has drastically improved. - Kristina Hoover**





**I definitely have a higher confidence as a yoga teacher after this 300 hr training. It expanded my own practice in many ways, and challenged me to get outside the box. Liz and Peggy are such intelligent yoga teachers, and they really care about their students. Their energy is so contagious and always in good/loving spirits. I feel so confident going back to my community and share everything I have learned. - Zoe Earl**



**After the 300 Hour Yoga Teacher Training immersion, I feel stronger and more confident as a teacher. The training really helped me get back into my asana and meditation routine. My understanding of yoga and Sanskrit terms is much deeper. I loved the alignment, anatomy and business classes, as well as trauma informed and yoga history these were topics, I wanted more of I felt I got more in-depth. The balance between classes, assignments and free time was well balanced - Drea Tremols**



**This 300 Hour YTT was a phenomenal experience and one I will cherish for the rest of my life. The incredible knowledge and experience the instructors brought to the training really brought my understanding of Yoga, my personal Yoga practice, and my confidence to a much higher level. I really enjoyed the expansion I gained of my teaching ability. The teachers all have such incredible passion and it really shines though. - Lisa Shelby**





**As a physical therapist for 20 years, I am so impressed by the attention to biomechanical alignment and the safe, therapeutic approach. - Yvette Albright**



**For years I have been trying to understand my body and the different pains and injuries I have, and honestly, I have never understood so much about it in so little time! I made so much progress during this training. I loved the teachers, location, and professionalism of the school. -Jalil Bouab**



**This 300 hour Yoga Teacher Training was a life changing experience! All of the teachers were super and wise, the group was so sweet and connected and the schedule was very well paced. Liz's knowledge is incredible and really shines through in each of her lessons. Learning the alignment and alignment cues was fantastic. I loved the trauma informed, history of yoga, philosophy, and ball rolling sections as well. I give this program an A++! Highly recommend. - KT O'Brien**





Transformation awaits, come join our next  
300 Hour Yoga Teacher Training on the beautiful island of Paros in Greece



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