

Mark Whitwell Launches “Advanced Yoga for Perfect Beginner’s” Teacher Training in Bali 4-11th December 2022



Ubud, Bali Oct 29, 2022 ([Issuewire.com](https://www.issuewire.com)) - [Mark Whitwell](#) announced an immersive yogic teacher training retreat in Bali from 4th to 11th December 2022. The training will investigate how Yoga is not merely a gymnastic workout, a study of information, or a “spiritual” method that one does to self-improve and become a better, more advanced person—instead, it is every person’s direct participation in reality.

Mark Whitwell is a Yoga teacher with experience of over four decades of teaching around the world and is the editor and contributor to TKV Desikachar's book *The Heart of Yoga*. Mark is interested in developing an authentic yoga practice for the individual, based on the teachings of T. Krishnamacharya and his son TKV Desikachar. In this training, Mark will be giving instruction that grounds one’s practice in interoception and helps them see yoga as a profound internal reverie, not merely as an exercise.

This Bali training will cover the fundamental principles of body and breath that the “teacher of the teachers,” Tirumalai Krishnamacharya, brought forth from the ancient world. The training will not be aimed at a particular ‘style’ or Yoga, but rather will involve principles that belong to every brand and style that has derived from Krishnamacharya’s foundational scholarship, and can be implemented to make any style of Yoga more powerful.

Commenting on the importance of the practice, Mark Whitwell said, "The only reason we choose to do yoga is for the pleasure — the literal pleasure — of our systems relaxing and filling with energy. It is not some struggle to enjoy a future result."

The training will involve:

1. Learning the fundamental principles of strength receiving.
2. Discovering how asana, pranayama, meditation, and life are a seamless process.
3. Deconstructing the “social dynamic of disempowerment” that can arise in teaching circumstances.
4. Studying Yoga philosophy and history.
5. All this and more is meant to relax the intrinsic soul through tuition and personal mentoring with Mark.

Learn more about Mark Whitwell: <https://www.heartofyoga.com/mark-whitwell/about>

Learn more about Heart of Yoga: www.heartofyoga.com

Read more about the Bali Retreat: <https://www.heartofyoga.com/bali-ytt>

Heart of Yoga

mark.whitwell@heartofyoga.com

Source : Heart of Yoga

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