

Starting November 1st 2023

# Transformational Yoga Teacher Training

200hr  
International Teaching Certification  
accredited by YAI

100hr  
CPD or personal development

with Ayurveda Massage

## Where?

Transform to Bliss Studio  
Praia da Luz  
Lagos  
The Algarve, Portugal

Find us on [maps](#)

## With?

- Joanne Merlini ~ Jitendra Mayee  
Grand Master of Transformational Yoga  
&
- Jennifer Louise Ayodele  
Master Transformational Yoga Teacher  
&
- Marco Merlini ~ Ayurvedic Practitioner

# Transformational Yoga

With its roots in South India, Transformational yoga® is a powerful, integral & classical practice. Synthesising the schools of Hatha, Tantra, Raja, Bhakti, Jnana & Kundalini to encourage a rising to our potential, our unique expression, our Divinity. Integrating them into the philosophy that "All life is yoga" (Sri Aurobindo)

The techniques of Transformational include,

Asana

Pranayama

Mantra

Meditation

Yoga Nidra & other forms of relaxation

This beautiful combination encourages an opening & awareness in our physical body, whilst subtly helping our mind & emotions to be calm & present. This encourages an open-ness in our hearts & a deeper connection to the True Self; our higher consciousness.

A freedom in our bodies & minds is found by purifying the toxins within the 5 layers of our bodies & the 7 chakras, to awaken our dormant energy (Kundalini). It works at a deep level to remove stagnant energy, to rise to our true nature - Bliss, Ananda.

Transformational Yoga is based on the integral teachings of Sri Aurobindo & The Mother who inspired Sri Swami Vidyanand to create this powerful system.

Both Joanne & Jeni trained directly with this renowned Yoga Master in the South of India, close to Auroville, the experimental town/community for higher conscious living.

*"Transformational Yoga is a means to relax, clean & awaken all 7 chakras through Yogasana, Pranayama, Mantra & Meditation"*

*Swami Vidyanand*



# About your teachers

## Joanne Merlini

Yogic name Jitendra Mayee

Is the founder of the Transform to Bliss studio in the Algarve. Initially trained in Transformational Yoga in 2015 in Athens, Joanne went on to train under the direct guidance of Sri Swami Vidyanand in 2017, 2018, 2019 & 2023. Teaching since 2015 & the host of various retreats, UK, Spain, Portugal, Joanne now holds her offerings from her own studio. Also influenced by the powerful teachings & experience of Bhagavan Ramana Maharshi & the Holy Shiva Mountain of Arunachala, Joanne frequently visits Mother India, the roots of our practice. In 2023 spent over 2 months at the foothills of the Himalayas, training with Yogrishi's & Yoga elders.

- Grand Master of Transformational Meditation & Yoga 2018
- Transformational Yoga Master 2017
- Transformational Hatha Yoga Teacher 2015
- Classical Hatha - Vinyasa Yoga & Meditation 2019
- Anatomy CPD 2019
- 1200hrs+ of Teacher Training
- 3500hrs+ of Teaching Hours

Other Energy based trainings..

- Reiki 1&2 (as a reiki practitioner I can't help but spread the love & healing during my teachings)
- EFT (Tapping) ~ Level 1 & 2
- Lightworker & Shamanic journeys, Joanne will bring this teaching to the training & offer Full Moon/Feminine Ceremonies.
- Indian Head Massage Diploma



## Vision

To connect you to your Bliss, through connection to stillness, to your centre, to source. Igniting a deeper intuition & more love..for others, for Mother Earth, for yourself.



# Jennifer Louise Ayodele



After teaching Yoga & Meditation as part of a final degree project (2012), Jennifer went on to complete her first formal training (Hatha, Vinyasa) in the foothills of the Himalayas and later in India under Swami Vidyanand (Transformational & Integral Yoga). Pre 2020, Jennifer travelled around the world teaching and holding retreats. In 2020 she co-founded Inner Healer to awaken the divine power within each heart which, when made conscious, supports our individual and collective evolution.

- Hatha-Raja & Vinyasa, 2017
- Master Certification in Transformational Yoga & Meditation, 2018 & 2019
- Pre & Postnatal Yoga, 2022

Other Energy based training..

- Sound Healing & Mantra Transmission
- Reiki Initiation 1 & 2
- Ayurvedic Massage
- 100 hours Online Teaching Certification
- Yin Yoga
- Anatomy & Physiology
- Homeopathy

## Vision

That each unique expression of the divine can be guided back home. To beauty, to truth & to love. And that as yoga teachers we feel confident and competent to shine a light on that path.



# Your training

Would you like to train to become a YAI certified Transformational Yoga Teacher?

Guided by 2 master Transformational Yoga Teachers, both trained under the direct teachings of Swami Vidyanand in India?

As well as an Ayurveda Practitioner all in the beautiful setting of the Algarve, Southern Portugal? ~ Then join us!

1/11 is the magical start of our Teacher Training Programme.

We will go on a deep journey together, as we embody Transformational Yoga, inviting in personal transformation to then share with others.

You have the option of 100 hr (11 days) for CPD or Self Transformation or 200 hr (22 days) to receive a full teaching certificate to guide others in Transformational Yoga.

## The Location

The Transform to Bliss YTT is offered in the expansive space of the Algarve within 1 hr of Faro airport.

Our Studio is surrounded by lush nature gardens & a few minutes walk from the ocean & from your accommodation. A beautiful nature connected environment to support you in that transformation to your original state of bliss & on your teacher training journey.

Connecting deeper to the elements, Mother Nature, the beauty & wildness of the South West Algarve, to ourselves, to one another & to Transformational Yoga.



# The Schedule

100 Hours (Exploring T.Y and deepening offerings)

1.11.23 - 11.11.23 (11 days, 10 nights)

200 Hours (Full Teaching Certification)

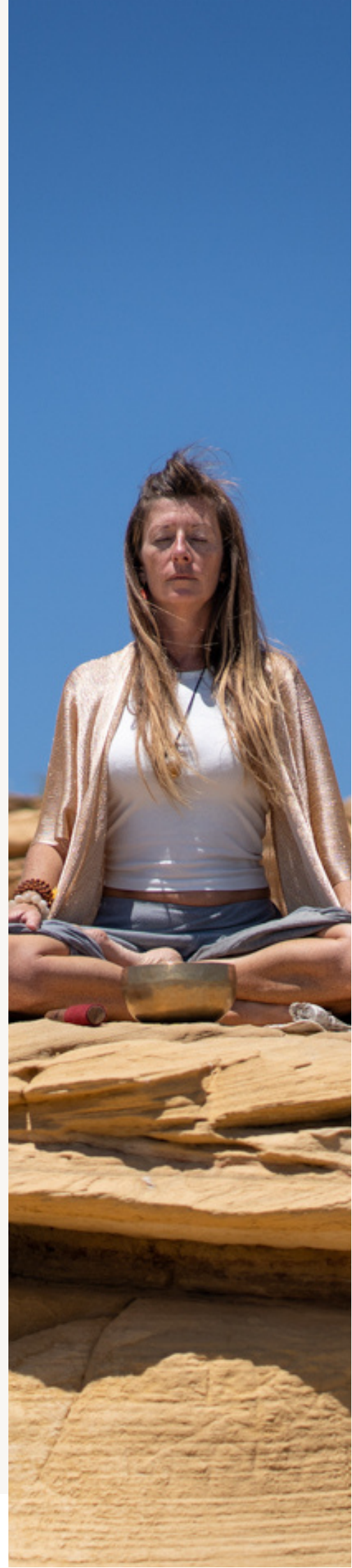
1.11..23 - 23.11.23 (23 days, 22 nights)

Residential & Non- residential options (see below)

Daily Schedule (may vary)

- 07:30 - 08:15 Morning meditation, mantra chanting
- 08:30 - 09:45 Asanas, pranayama, deep relaxation
- 10:00 - 10:45 Brunch
- 11:30 - 13:00 Teachings, workshop
- 13:00 - 15:00 Self practice, reading
- 15:00 - 16:30 Teaching techniques in small groups
- 17:00 - 17:45 Dinner
- 18:00 - 19:30 Asanas, pranayama, deep relaxation, kirtan
- 20:30 - 21:15 Evening meditation, mantra chanting, film

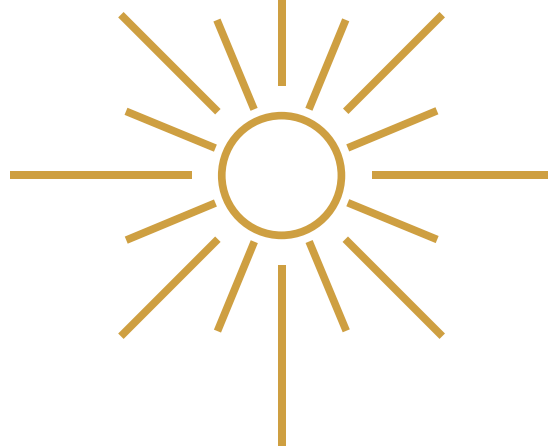
With one day off a week to enjoy the beaches, explore the area, study, & relax. Or enjoy the 3 swimming pools, surfing, Stand up Paddle, a game of tennis or a clifftop walk.. We are 15 mins walk from the closest sandy beach & village.. so many options..



# What makes Transformational Yoga & our training unique?

- You will be fully supported by 2 Transformational Yoga Teachers (Master & Grand Master) through your training who have trained directly with Sri Swami Vidyanand in India.
- The Transformational Yoga System brings Pranayam, Mantra & Meditation into the Asana practice to give a powerful purification to the system. Honouring the ancient classical roots of Yoga & integrating powerful practices.
- We offer Ayurveda workshops, consultations & massage to support your connection to Bliss
- Our studio hosts regular Kirtan groups (mantra chanting/Bhakti), satsang, breathwork, cacao dance & ceremonies with other facilitators.
- Our location is breath taking. We will take your training to the beach, experience sunrise & sunset sessions on the cliffs, melt into ocean savasanas.. in the words of Swami Vidyanand 'Everything is possible!'
- You will also receive training in holding ceremony (Moon Ceremonies, Womens Circles, etc).
- You will leave with knowledge of how to run retreats & how to run a business, as well as teach online.
- If you are joining the 200 hr, you will receive a 200 hr Certification so you can begin your teaching journey, a supportive Manual, the 'bible' of Yoga teaching & a Rudraksha Mala blessed in the Ganges.





# Your Options

100 Hr Self Transformation or CPD

200 Hr Yoga Teacher Training

## Residential

Shared room with 1 other  
(private possible on request & additional charges)

## Non-Residential

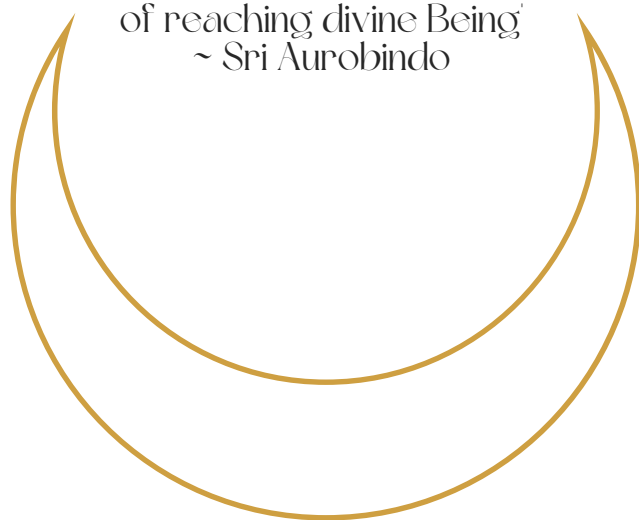
Should you live in the area & wish to stay at home.

Meals to be discussed.





The principle of Yoga is the turning of one or of all powers of our human existence into a means of reaching divine Being  
~ Sri Aurobindo



# Our Programme

## Level

This course is for practitioners who have had a consistent yoga practice for 1 year or more.

## What you can get out of the training

- Each person will take their own personal journey, diving deeper into the practice and application of the method of the yoga styles studies, the philosophy, physical and energetic anatomy and the specialized workshops.
- Share your existing knowledge with your peers – this is a journey of exploration, individually and as a group.
- We will focus on teaching practicum; this means you will be prepared to begin teaching
- You will receive the support of 2 master teachers & an Ayurvedic Practitioner
- The training will also encourage the purification & deeper connection to yourself, so you feel prepared & clear to hold the space for others.

## This course is for you if:

- You have experienced the transformative benefits of yoga and are now ready to share this gift and become a fully certified Yoga instructor.
- You are already a teacher or have taken a course before and want to deepen your knowledge, practice, understanding and services.
- You long for more physical health, emotional balance, and mental and spiritual clarity
- You are looking for tools and techniques to transform your life in a yogic way.
- You want to take your yoga off the mat and integrate it into your daily life.
- You are interested in asana and fitness and want to dive deeper into energy work, meditation, breath, ancient yogic philosophy and spiritual science.
- You are drawn to experience the depth of Indian yogic spirituality
- This is your dream, your mission and you are ready to go on the journey of teacher training.



## Course outcome:

- On successful completion of this course, participants will have:
- An understanding and appreciation of the principles of an integral yoga system and Ayurveda.
- Developed a grounded transformational personal daily practice.
- Developed a knowledge of the theory of asanas, pranayama & meditation.
- Gained skill & confidence in the practice of asanas, pranayama, mudra & meditation.
- Understood the principles necessary to teach yoga.
- Learnt the art of sequencing & holding space.
- Acquired the tools to enact positive changes in their own lives and start providing that same guidance to others.
- The opportunity to be a part of a community of people who are similarly committed to a path of personal growth and transformation.
- Received guidance of business, retreat holding & ceremony space holding.

## SUGGESTED READING

'Wheels of Life' ~ Anodea Judith

'Who am I?' ~ Ramana Maharshi

'Yoga Nidra' ~ Swami Satyananda Saraswati

OTHERS?

# The Programme

- Daily Asana practice
- Morning & Evening Meditations, Mantra, Pranayam
- Teaching methodology: 5 categories of asana, alignments, preparation, effect, modifications, aids, contraindications
- Language, voice and words: conscious use of own language, training in holding space with love.
- Energy work: Pranayama, Mudra, Mantra and Meditation
- Yoga anatomy & practical application in yoga practice and yoga classes
- Yoga philosophy: Yoga paths, Chakra's, Koshas, 8-limbed path according to Patanjali, Sutras, Sanskrit
- Yoga history of classical and modern yoga
- Teaching methodology and practicum: teach own lesson patterns in groups,
- Hands-on adjustments: in flows and static asanas

## What you will learn:

### Yoga theory

- Philosophy and psychology of yoga based on the yogasutras of Patanjali.
- Theory of asana practice.
- Chakras, Gunas, Pranas, Koshas, Aspects of the Mind

### Asana

- Asana awareness, stability, alignment, stretching, mobilization, daily life application.
- Core asanas essential for fitness and in a therapeutic setting.
- Preparation and balancing.
- Common and useful variations
- Alignments

### Sequencing

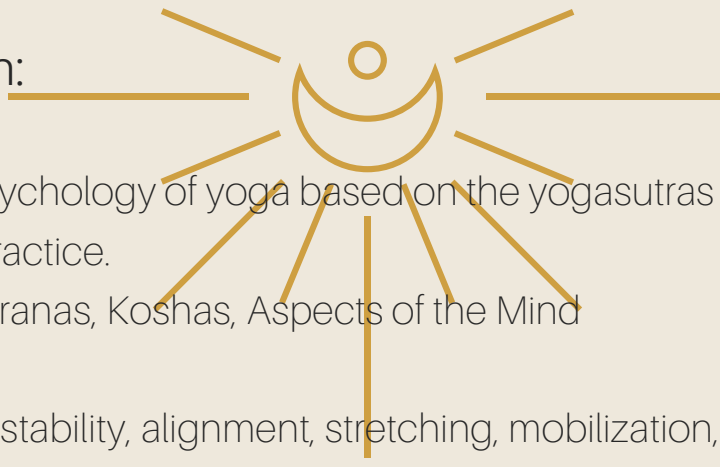
- Principles of sequencing

### Pranayama

- Principles and practice of working with your breath effectively.
- Using asanas to prepare for pranayama.
- Important types of pranayama, including Bramari, Kapalabati, Nadi shodhana, Anulom Vilom, Lions, Ketchari, etc..

### Sound

- Using sound in asanas.
- Using sound in meditation



## Meditation

- Theory of meditation and mindfulness: why, what, and how.
- Practicing a core set of useful meditation techniques and skillful mindfulness

## Anatomy and physiology

- Essential anatomy and physiology as applied to asanas.

## Chanting and Mantras

- Importance and theory of chanting, bhakti yoga & its effect
- Useful mantras for chanting and meditation & the connection to the energy of Deities.
- Mantra & why? e.g. Invocation mantra, Shanti Mantra, Gayatri, Shiva Mantra, Aum, etc..

## Ayurveda

- Introduction to Ayurvedic doshas and prakrti.
- Basic principles of an Ayurvedic lifestyle
- An Ayurveda consultation & Ayurvedic Treatment/Massage for deeper purification.

## Releasing

- The power of releasing, through various very accessible methods to support you & your teachings.

## Yoga Energetics

- Mudras and bandhas: their importance and how to practice them.
- System of Nadis, Prana, Chakras and their relevance to practice

## Personal Practice

- Establishing and refining one's personal practice is a key element of this program

## Business

- Developing business awareness & skills

## Holding Retreats

- Guidance of organising & holding retreats

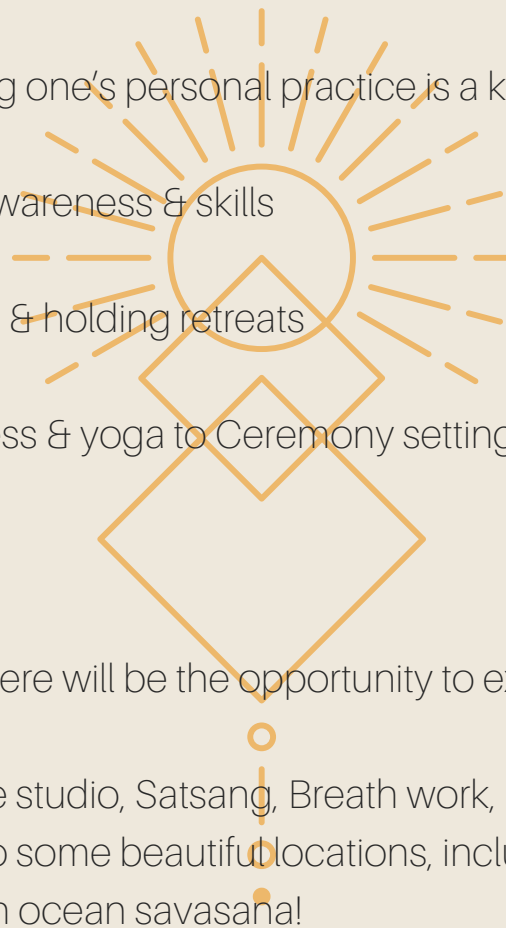
## Ceremony Holding

- Bringing your uniqueness & yoga to Ceremony settings, e.g. Moon ceremony, Womens circles, etc..

## Additional offerings:

Throughout your training there will be the opportunity to experience various teachings & locations.

We host weekly Kirtan in the studio, Satsang, Breath work, Cacao & Dance, Ceremony & will also take your training to some beautiful locations, including clifftop sunset & sunrise practices, beach yoga, even ocean savasana!





"The one aim of [my] yoga is an inner self-development by which each one who follows it can in time discover the One Self in all and evolve a higher consciousness than the mental, a spiritual and supramental consciousness which will transform and divinize human nature"  
~ Sri Aurobindo



# Payment

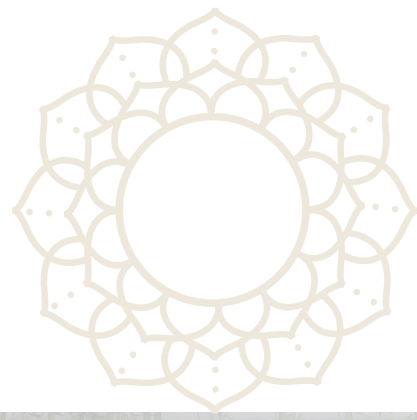
Residential and non-residential options (please ask for GBP prices)

- 100 hr Non Residential from €1650
- 200 hr Residential €2875
- 100 hr Residential €1925
- 200 hr Non Residential from €2200

Spaces limited for a personal journey

To reserve your space, a non refundable 250 Euro deposit is required following your initial enquiry & application .

2 further payments due in August & October.



## What's included?

- Meals Included, Brunch & Dinner, Tea, Water & Healthy snacks, Vegetarian & Ayurveda friendly.
- Shared Accommodation will be twin (singles available, please ask for prices)
- Extensive Manual
- International Teaching Certification accredited by YAI
- 2 Primary instructors, an Ayurveda Practitioner and the opportunity to experience sessions with other practitioners in a diverse range of additional practices
- Tennis & swimming pools
- Bicycle hire possible (to share between the group)
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## What's not included?

- Transfer from Faro Airport, although this can be arranged for 80 Euro per transfer
- Insurances
- Any visa required to enter Portugal
- Excursions, taxi's & any chosen additional activities
- Meals & drinks chosen to eat out of the YTT

We look forward to guiding you on your Yoga Journey



Jeni & Joanne at the Matrimandir.. Auroville

## How to Reserve your space in 3 steps?

- Email or message us
- Transfer your deposit
- Complete our application form

.. & look forward to start your Transformational Yoga journey with us in Portugal



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