



IMAGINE
YOGA ACADEMY

KUNDALINI YOGA

· 200H TEACHER TRAINING ·



– ZÜRICH · GENEVA · LUGANO · MADRID · LJUBLJANA –





· LEAVE UNFULFILLMENT BEHIND & UNLEASH YOUR TRUE ESSENCE ·

It's time to shift and reconnect with your inner truth!

Sounds great, most likely you feel you lack the time and energy to do it, even though you know reconnecting with your truth is key to achieving the transformation you are looking for!

We are sure you have been searching for meaning for years. Most likely you have a regular yoga and meditation practice. Maybe you have done well-being and mindfulness workshops and retreats, and yet meaning is still not clear or present in your daily life.



**Most likely you know
what must be done.
It is the "how" that is
holding you back.**

You've felt yoga's positive influence in your life, but capturing its full impact proves challenging because...

- ☑ You're lacking the roadmap from where you are to where you want to be.
- ☑ Finding the time is a struggle and you don't know what practices serve you better.
- ☑ You need a practice that goes beyond the body and attends the other parts of your being.
- ☑ You're stuck overthinking and overdoing blocking the way to reconnect with your truth

**Book a free
discovery call**





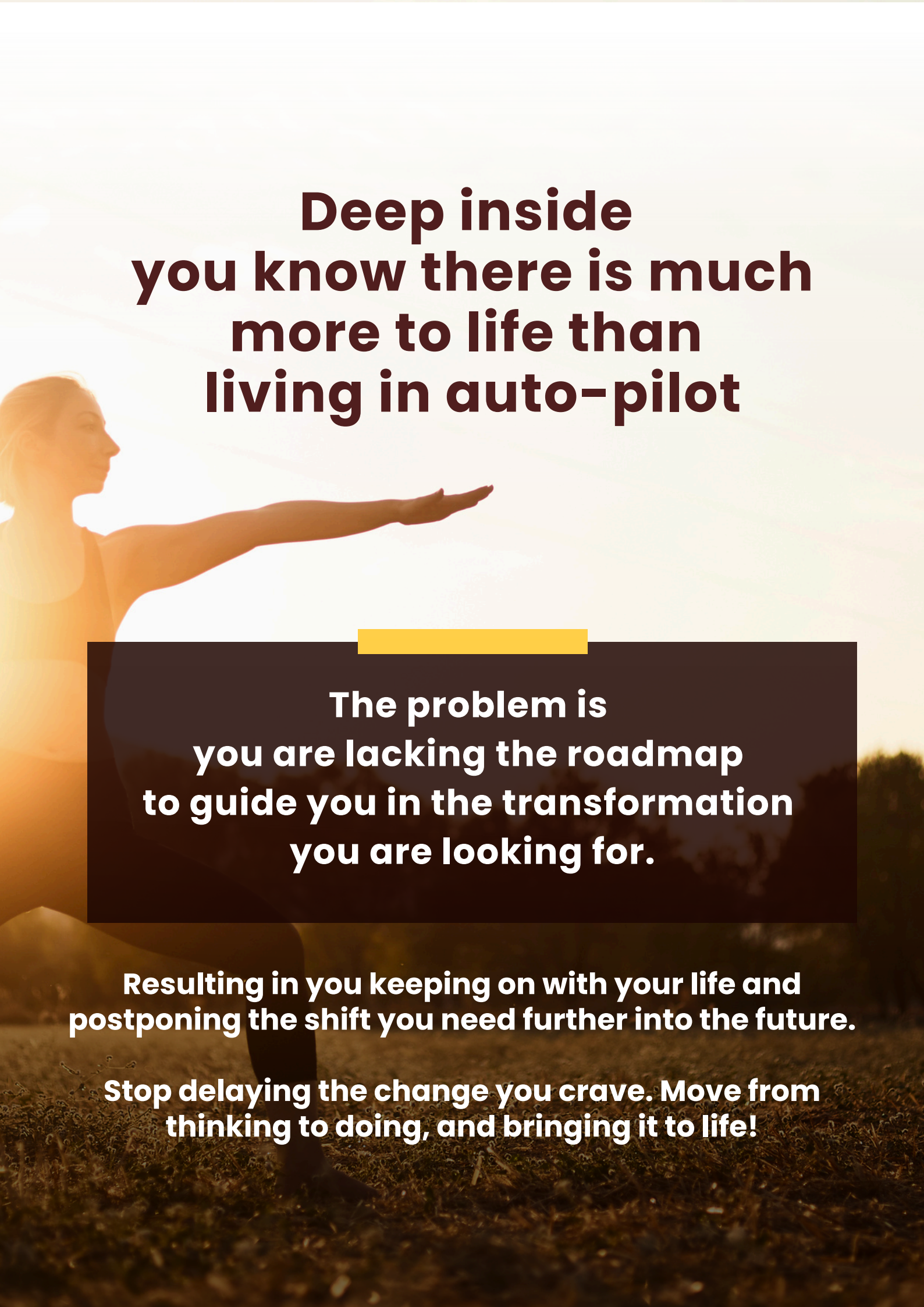
+12 years of training teachers free from dogma & with an open style!

Empower your life with the transformative power of yoga! Join our community of inspired and passionate yoga teachers on a journey to discover the best version of yourself. We believe in living an authentic, intentional, and resilient life and our goal is to help you do the same.

At our school, you'll immerse yourself in more than 10 years of proven experience and expertise, with training that has transformed hundreds of students in Switzerland, Spain, and India. Our training will equip you with the philosophy and techniques of yoga to help you tap into your highest potential and live a life full of inspiration and purpose.

No matter your level of experience, this program is designed for all who seek growth and personal transformation. Whether you're an advanced practitioner looking to take your practice to the next level or a beginner ready to delve deeper into yoga and yourself, we welcome you to join us.

Join us in creating a world filled with inspired individuals who take care of each other and the planet. It all starts with you! Let's begin this journey together.



**Deep inside
you know there is much
more to life than
living in auto-pilot**

**The problem is
you are lacking the roadmap
to guide you in the transformation
you are looking for.**

**Resulting in you keeping on with your life and
postponing the shift you need further into the future.**

**Stop delaying the change you crave. Move from
thinking to doing, and bringing it to life!**

A photograph of two women looking out a window. The woman on the left is partially visible, wearing glasses. The woman on the right has blonde hair and is looking out the window. The view outside the window is a snowy, wooded landscape. A black rectangular box is positioned above the title text.

Kundalini Yoga Teacher Training 200h Program

Transform your life and your practice with Imagine Yoga Academy's 200-hour program. Focusing on the fundamentals of yoga, you'll delve deep into what truly matters, empowering you to advance on your journey and share your knowledge with others. Whether you're a seasoned practitioner or just starting out, this program is designed to meet your needs.

The program runs from October to July, combining in-person seminars and an online curriculum. The structured and progressive approach to learning balances the exploration of philosophy and practice, guiding you to a deeper understanding of Kundalini Yoga.

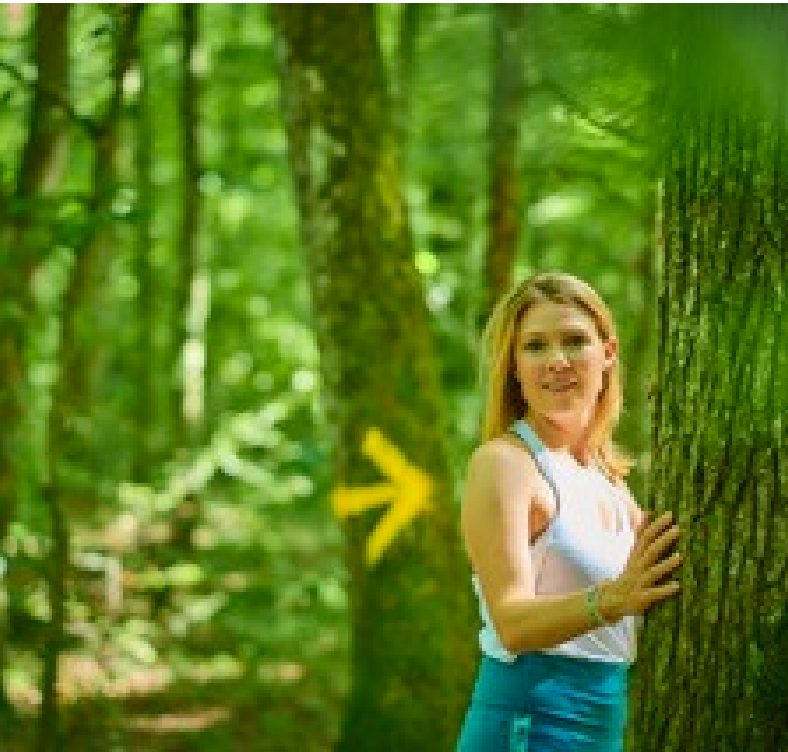
With online classes offering the convenience of time flexibility and lifetime access, and in-person seminars allowing you to connect with experienced trainers and fellow students, you'll get the best of both worlds. To receive your Kundalini Yoga Instructor (200h) certification from Yoga Alliance, you must attend all classes, and complete the 4-day retreat, weekly practice, book reports, and homework.

Upon completing the 200-hour program, you'll be eligible to advance your education and receive the 500-hour Yoga Alliance certification. Embrace this opportunity to deepen your practice and unleash your full potential.



The experience has been wonderful, but above all revealing. it is the best money I have invested in a long time. Thank you Imagine, Thank you! Rubén.

This training is a profound journey of rich content with deep experiences that lead to inspiration! Immensely inspiring! Nadja.

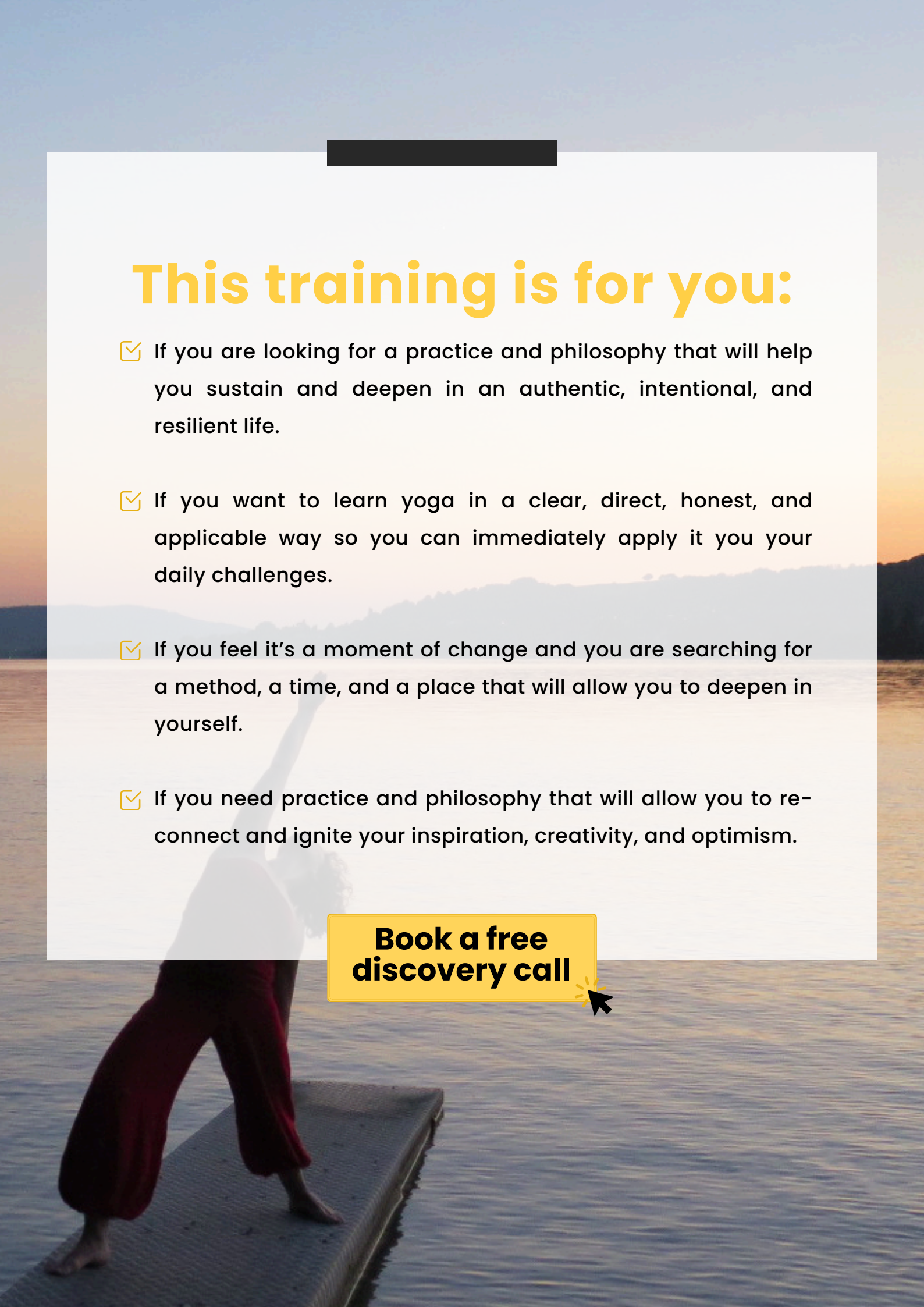


Imagine Academy's training is transformative, supportive, and deep. It empowers growth in a nurturing, non-judgmental atmosphere. Katia.

Imagine finally having the energy, inspiration, and clarity to go through life feeling connected and at peace.

It's in your reach! Envision for a moment how different it would feel to:

- ☑ Have a practice that sustains you through challenges!
A philosophy that guides you in life.
- ☑ Become part of a community of like-minded people where
you can be yourself and share your truth.
- ☑ Have a practice that nurtures you and that attends to your
physical body, your mind, and your spirit.
- ☑ Understand how your mind works and learn techniques that
help you go beyond overthinking and negativity, as you
reconnect with your inner truth.
- ☑ Overcome limiting beliefs and connect with your inner
strength!
- ☑ Be fully supported by a team of teachers who will guide you
through your process of transformation.



This training is for you:

- ☑ If you are looking for a practice and philosophy that will help you sustain and deepen in an authentic, intentional, and resilient life.
- ☑ If you want to learn yoga in a clear, direct, honest, and applicable way so you can immediately apply it to your daily challenges.
- ☑ If you feel it's a moment of change and you are searching for a method, a time, and a place that will allow you to deepen in yourself.
- ☑ If you need practice and philosophy that will allow you to re-connect and ignite your inspiration, creativity, and optimism.

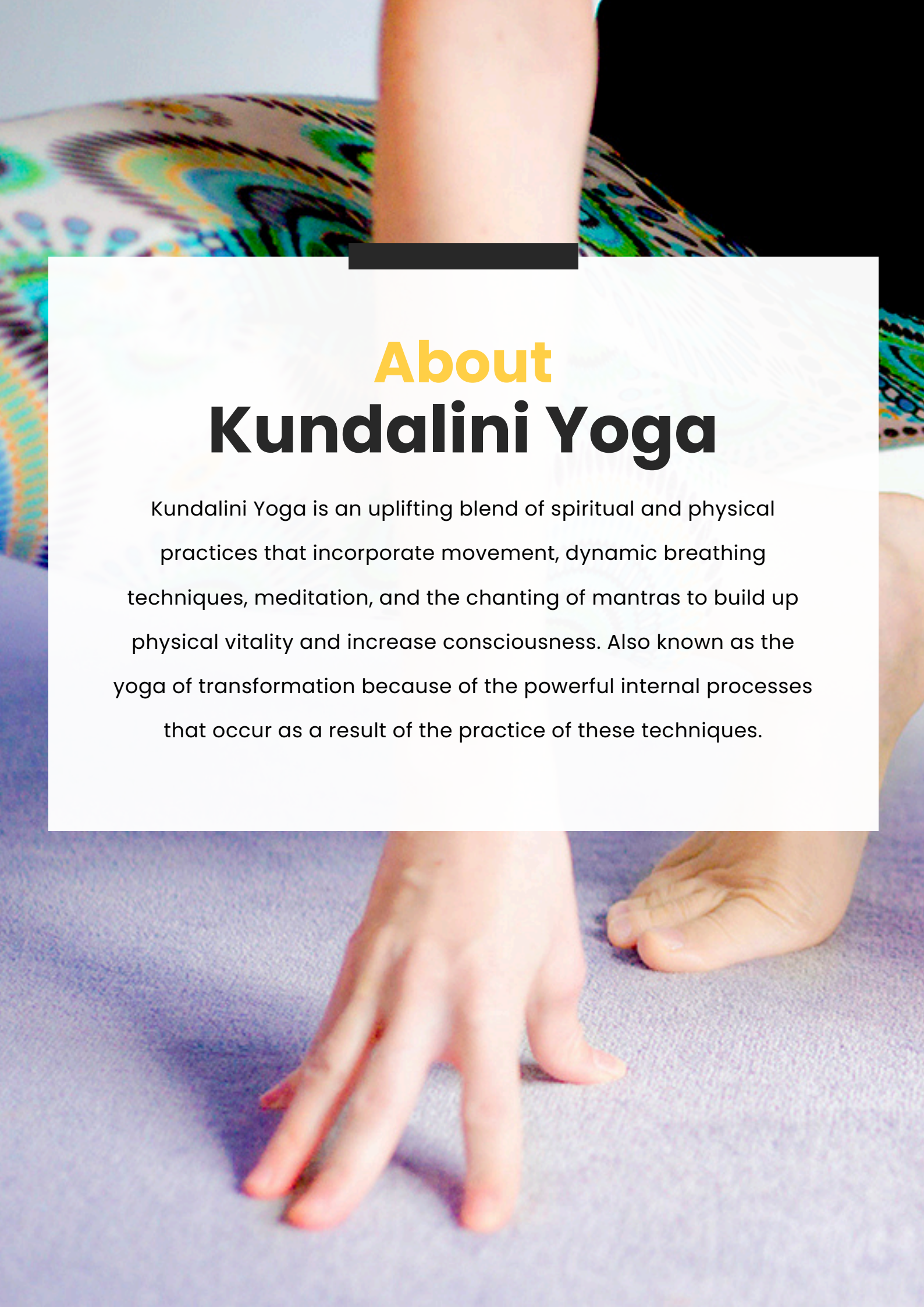
**Book a free
discovery call**





The most magical part of this teacher's training is that you are from the very first day part of a family. The course is well rounded in physical, spiritual, and philosophical learning. A very unique part is that you never get bored or overwhelmed not only because of the content but because you have access to a mix of wonderful and experienced teachers Pedro, Hargobind, Daniela, and Judith. They are all so passionate and full of incredible wisdom and experience its a pleasure just to be around them. There is a sense of freedom which I loved and appreciated, and you and your unique being is a priority over any teachings. Imagine Academy teachings have been part of my own personal and professional transformation, towards a more authentic life. My personal biggest gift is that this course ignited a curiosity to want to connect and get deeper to my own needs and emotions, in a joyful way. Yes, part of it was hard (those early mornings) but I always felt fully supported, and most importantly, I made friends for life. I can not thank the team enough for the investment of their time, and wisdom. Thank you!

LUCIA, SLOVAKIA



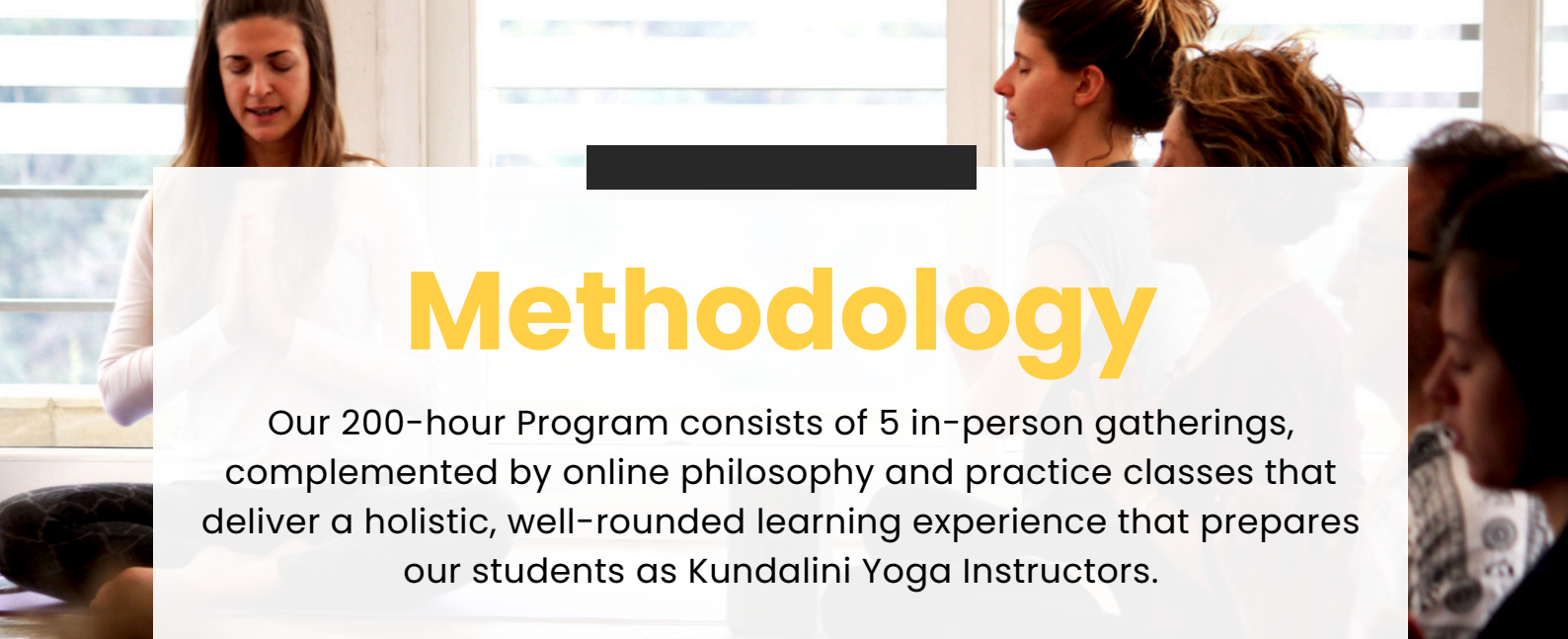
About Kundalini Yoga

Kundalini Yoga is an uplifting blend of spiritual and physical practices that incorporate movement, dynamic breathing techniques, meditation, and the chanting of mantras to build up physical vitality and increase consciousness. Also known as the yoga of transformation because of the powerful internal processes that occur as a result of the practice of these techniques.



**With a focus on alignment and an open approach,
we provide students with the necessary skills and
knowledge to practice and teach Kundalini Yoga with
compassion and integrity.**

**We believe that inner inquiry is the key to unlocking
your full potential, and our programs are structured to
guide you on a journey of self-discovery.**



Methodology

Our 200-hour Program consists of 5 in-person gatherings, complemented by online philosophy and practice classes that deliver a holistic, well-rounded learning experience that prepares our students as Kundalini Yoga Instructors.

In-Person Seminars

We will hold four in-person seminars, which will allow students to delve deeper into yoga practice and technique and gain hands-on teaching experience.

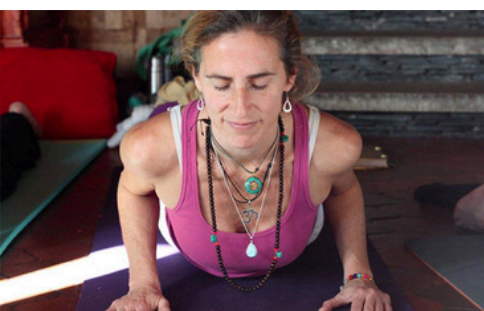
Online Curriculum

Our ongoing online curriculum features lifetime access and offers a progressive, organized, and accountable learning journey. With live sessions that include brief practices and Q&A happening every two weeks from November to March, students can benefit from personalized instruction and guidance.

July Retreat

The training culminates in a transformative 4-day retreat in July, where students can deepen their practice and immerse themselves in the yoga lifestyle.

The months of April, May, and June are an open space for you to finish the online curriculum, the written reports & final project, and deepen your practice.





**It is a transformative
training that transcends
books; they are all loving,
wise, and caring teachers!
Thank you!
Joanna.**

**It is a transformative
journey where self-
discovery, strength, and
self-love blossom, fostering
a student's mindset and
embracing the positive
collective energy to become
the best self. I love you guys!
Lamiaa.**



**It is a transformative
journey within a supportive,
wisdom-filled family;
holistic, joyful, and
liberating, fostering
personal and professional
growth.
Lucia.**



In-person seminars:

This part of the training is distributed into:

- **Four in-city seminars in October, November, January & March:**
- We gather in the city for a full weekend of classes.
- In Geneva the training is held at Studio SoHam, in Zürich at Pilates Zürich, and in Lugano at The Loft (No Excuses Gym Taverne).

This is the typical daily schedule:•

06:30 – 08:30 – Sadhana (Physical Practice & Meditation)

08:30 – 09:30 – Breakfast Break

09:30 – 11:00 – Class 1

11:00 – 11:30 – Break

11:30 – 13:00 – Class 2

13:00 – 14:30 – Lunch Break (for light lunch)

14:30 – 15:45 – Class 3

15:45 – 16:00 – Break

16:00 – 17:30 – Class 4

The schedule may change if the teachers consider it necessary

- **One retreat in July:**

Where you will be immersed one step further in the yoga practice, meditation, and lifestyle.

The retreat is held at Kientalerhof, a beautiful seminar house located in a side valley of the Kandertal. Surrounded by wonderful nature we will enjoy 3 nights and 4 days of yoga and meditation, classes accompanied by live music, and delicious vegetarian food.



Online learning:

The online curriculum is distributed between two types of classes:

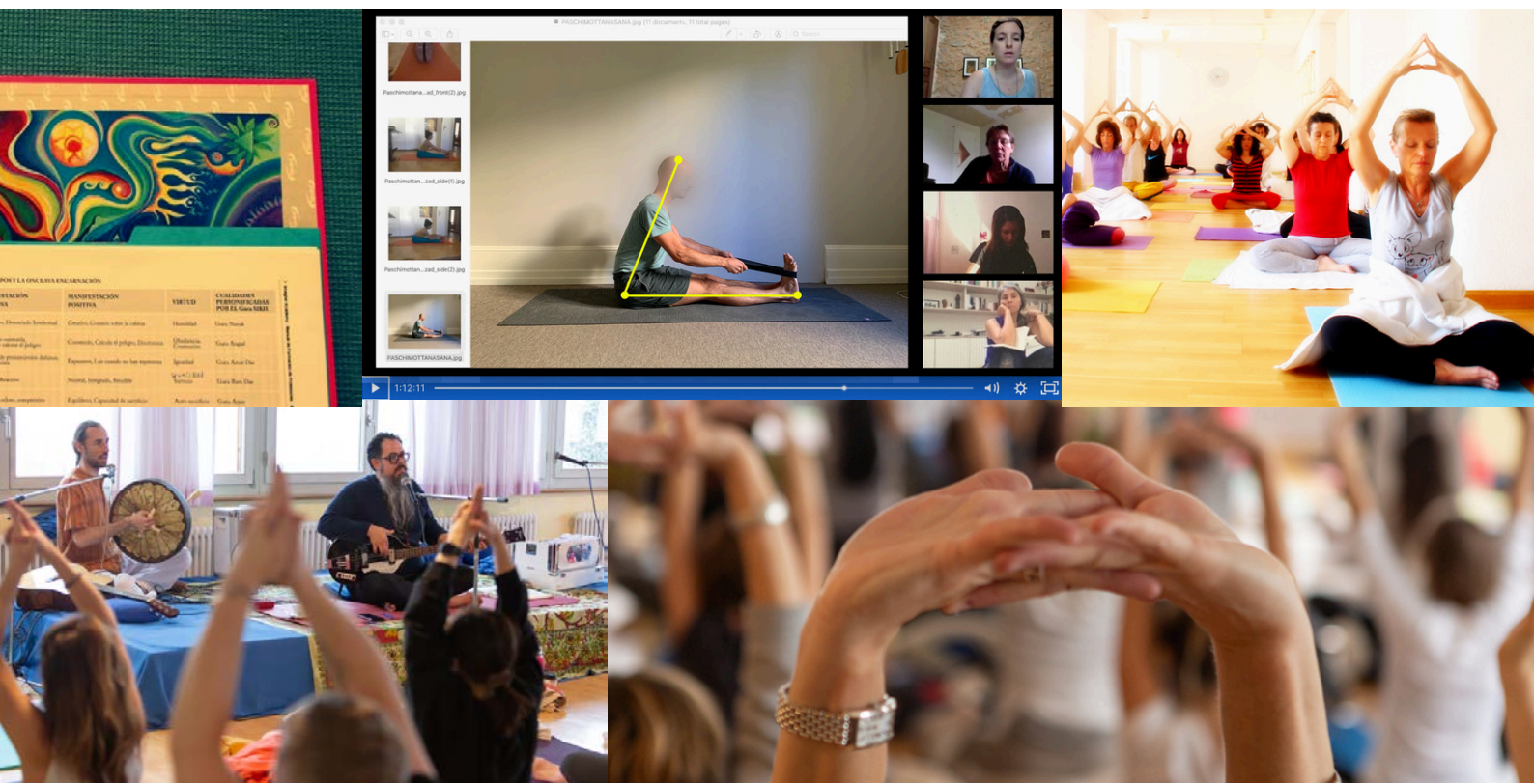
- **On-demand Classes:**

These classes include practice, theory, and philosophy which will allow you to go deeper in your study and inquiry, as you can stop, rewind, think, integrate, and investigate the topics that are being discussed.

- **Live Streaming:**

Scheduled every 2 weeks from November to March, we will meet online for live classes that include philosophy discussions, practice and space for Q&A. These classes will be recorded as well for you to access at your convenience.

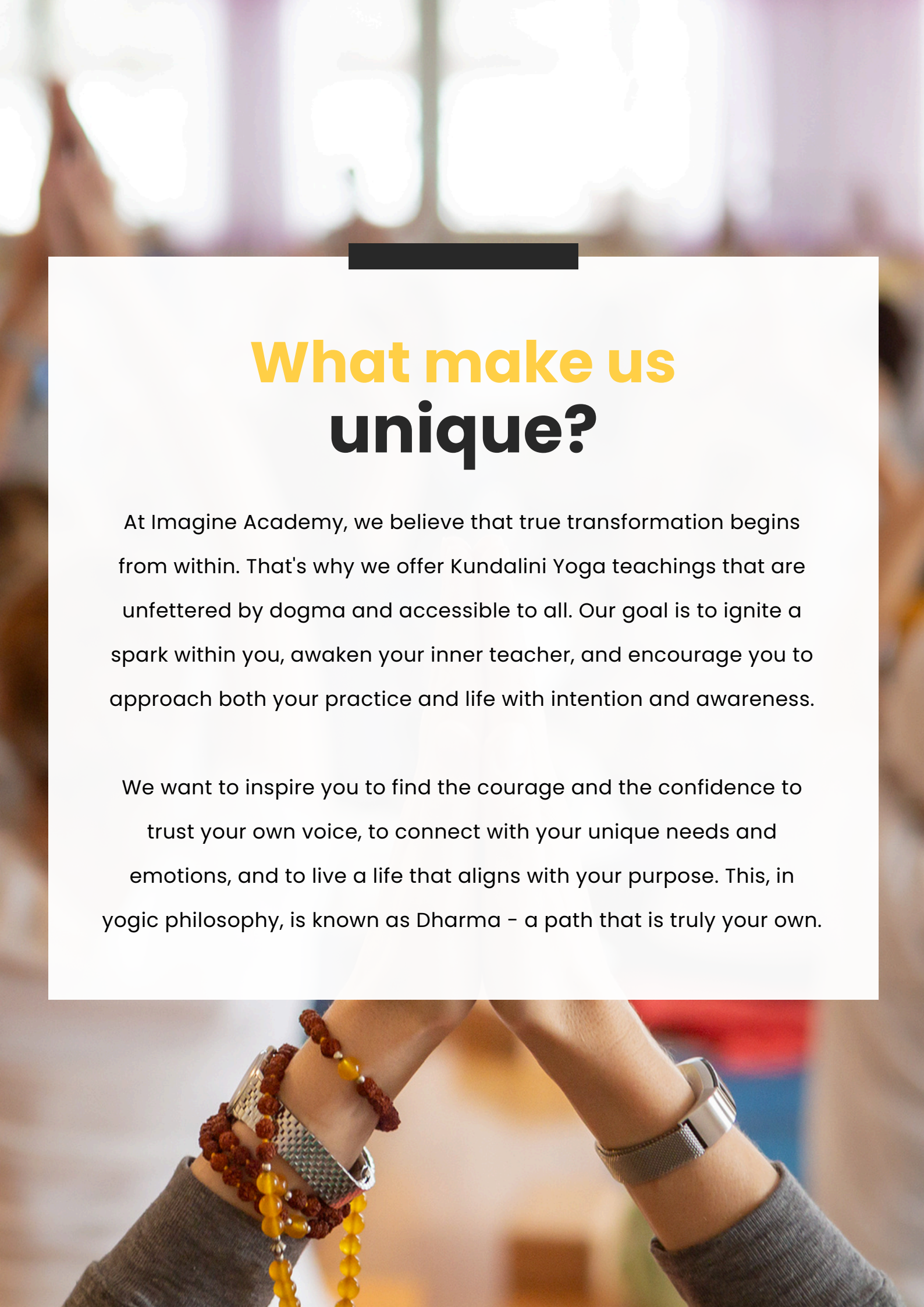
You will have access to the online curriculum through Imagine's online platform.





I have been lucky enough to study with Imagine Academy for the past 3 years. The experience has enriched me so much I had no idea how strong the impact would be. I was looking for community a place to feel a belonging and this is exactly what this school has given me. The professionalism of the teachers was second to none. They were always there for me and the other students any time we needed anything. They encouraged us with no judgement and only showed love and kindness whenever a challenge arose. Recently the course has went online and I really enjoyed to have the connection with the beautiful teachers in the comfort of my own home. The flexibility of studying at home is amazing and often took the stress out of going to the studio. The training has helped my own personal life immensely I see the stress as manageable now and something that should not be feared. I look forward to spending time with any of the gifted and warm hearted teachers of Imagine academy as they have given me so much over the past years. Lot's of love and luck always.

NESSA, IRELAND



What make us unique?

At Imagine Academy, we believe that true transformation begins from within. That's why we offer Kundalini Yoga teachings that are unfettered by dogma and accessible to all. Our goal is to ignite a spark within you, awaken your inner teacher, and encourage you to approach both your practice and life with intention and awareness.

We want to inspire you to find the courage and the confidence to trust your own voice, to connect with your unique needs and emotions, and to live a life that aligns with your purpose. This, in yogic philosophy, is known as Dharma - a path that is truly your own.



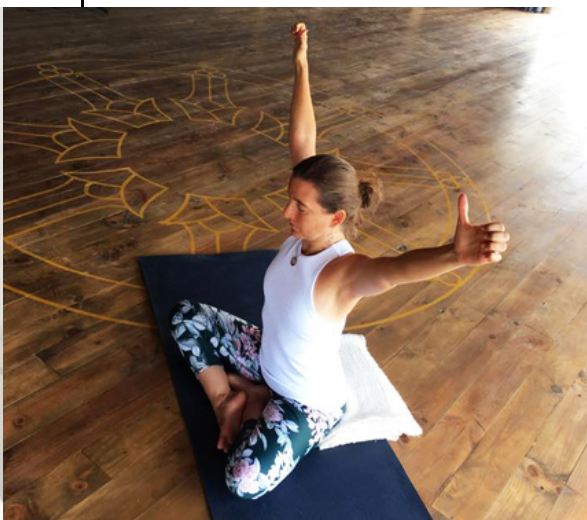
200h Program Curriculum

ASANA:

- Advanced study of Hatha and Kundalini Yoga postures and Kriyas (sequences of postures): proper alignment, benefits, and potential risks.
- Principles of anatomy.
- Study of Bandhas: Mula Bandha & Jalandhara Bandha.
- The use of props to improve or modify a posture.
- Sanskrit names of postures.

YOGIC PHILOSOPHY:

- Study of the mind.
- Kundalini Yoga: study of its history and philosophy.
- Introduction to Patanjali Sutras: Basic Sutras that sustain the Yoga practice, the Eight Limb path, and the application of these principles to daily life.
- Fundamentals of the Chakra System: the relationship between body, mind, and emotions.
- Introduction to Tantric numerology.



PRANAYAMA:

- The importance of conscious breath.
- Study of breath mechanics.
- Relationship between emotions and breath.
- Basic pranayama techniques to deal with stress, vitality, and relaxation.
- How to incorporate pranayama practices into our daily lives.

MEDITATION:

- Study, practice, and application of Kundalini Yoga meditations for physical and emotional conditions.
- The importance of meditation in life's perception.

MANTRA:

- The why of the use of mantra.
- The power of Mantra.
- Meaning, use, and origin of the basic Kundalini Yoga mantras.
- The use of mantra and pranayama in our daily practice.

SKILL DEVELOPMENT:

- Confidence-building through practice teaching: how to lead with empathy and honesty.
- Class structure.
- How to guide a Kundalini Yoga class with confidence.





I am very grateful that I had the chance to participate in the Teacher Training with the great teachers of Imagine Academy. My learnings have not only been about kriyas, mantras, breathwork, and meditation, it has been much deeper learning which is possible if you let it happen. Dive in, let it happen and changes will take place much easier. I loved to connect with people and stay in touch even years later, even thousands of kilometers apart. My favorite is the 40-day challenge, I love it!

MONIKA, SWITZERLAND

Dates

of the in-person Seminars

Seminars in Geneva

October 25th and 26th, 2025
November 22nd and 23rd, 2025
January 17th and 18th, 2026
March 14th and 15th, 2026

Seminars in Zürich

October 25th and 26th, 2025
November 29th and 30st, 2025
January 24th and 25th, 2026
March 21st and 22nd, 2026

Seminars in Lugano

October 18th and 19th, 2025
November 15th and 16th, 2025
January 10th and 11th, 2026
March 7th and 8th, 2026

Retreat at Kiental

July Retreat 2nd to 5th, 2026

SPECIAL NOTE

In case you can not attend an in-person seminar in your city of choice, we offer you the opportunity to recuperate in the other.

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discovery call**



Meet Imagine's Teacher Trainers



Daniela Troconis Daly. Lead Trainer and Co-founder of Imagine Yoga Academy. Yoga practitioner since 2004, trained in Kundalini Yoga, Vinyasa, and Hatha/Tantra Yoga Flow, Daniela has been sharing the teachings of yoga since 2008 and training Kundalini Yoga Teachers since 2012, in Spain, Switzerland, Slovenia and India. Her approach to yoga brings light to alignment in Kundalini Yoga practices as a way to go deeper into the experiences and take more advantage of them. Teaching with strength and care, she guides her students with ease, igniting the energy within through breathing techniques and awareness of the present moment in every yoga posture, to then dive her students into meditative practices.



Pedro Misle. Lead Trainer and Co-founder of Imagine Yoga Academy. Trained in Kundalini Yoga and Hatha/Tantra Yoga Flow. I believe in practice, in the daily quest. Life is found in every moment and each of us has to make it valuable. I believe in personal freedom and in the ability of each individual to live their life fully. I believe in responsibility, the right and duty to become aware of each of life's moments for what they can hold for us. For me, yoga represents the essence of responsibility, the search for oneself, and authenticity. We all have an infinite amount of beauty inside of us and we have to work on the ability to see it in ourselves and in others. I practice every day to believe more in myself and to believe more in you.



Judith Ender, came in contact with Yoga in her childhood, through her mother who practiced Hatha Yoga at home. Her own yoga practice started in 2000 in Barcelona, she became a serious and devoted practitioner when she found Kundalini Yoga in 2007. Judith is trained in Kundalini Yoga, Prenatal Yoga and is studying Naad (Mantra/Sound) Yoga since 2011. She is offering classes since 2009 and is the cofounder of Gobinde Yoga, the first Kundalini Yoga Center in Zürich. Since 2013 she hosts and teaches at Imagine's Kundalini Yoga Teacher Training. Her way to teach these powerful techniques is gentle and strong at the same time. It makes her happy to share her love for the practice and make these teachings, that has been so life changing for her, accessible to everyone in the yogic path.



Marilena Capobianco. Kundalini Yoga was the first door that opened when I needed a change and the desire for new inspiration was growing in me. That was almost 10 years ago, and since then the sparkle of wanting to dive more into my inner world has shone brightly. It has led me to a continuous exploration of the infinite spiritual path options available to us all. Experiencing multiple different ways of working with energy and awareness of oneself has allowed me to remember once more, the power of the yoga practice. It is a journey within yourself through dedication; an ebb and flow of emotions which will be sustained by a community of likeminded people. Kundalini Yoga feels like home and there is no better feeling than going back home, to learn, heal and grow into your most authentic self.



Investment & Registration

The investment for the 200h training in Switzerland is 3900 CHF

**EARLY BIRD SPECIAL OFFER Save 400CHF:
1 payment of 3500 CHF (only until May 31st)**

OTHER PAYMENT OPTIONS:

OPTION 1 (save 300 CHF): One payment of 3600 CHF

OPTION 2 (save 200 CHF): 2 payments, each of 1850 CHF, one to be done when you register, and the other in January 2024. Total 3700 CHF.

OPTION 3: 1 payment of 1400 CHF when you register, followed by 5 payments of 500 CHF that are to be done on the first 5 days of each month (From October 2024 to February 2025).

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Or you can also reach us at:

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— “ —

Imagine Academy teacher training shelter two remarkable years in my life. Besides being important for my personal growth and the fulfillment of a dream I have pursued for some time by then, it became a pillar of stability and acceptance in between my process of adaptation to a new country with my family. Finding myself in a safe space with people with common interests and from many backgrounds was enriching and inspiring at the same time, I found many people I keep in touch with, as close friends and fellow yogis and yoginis. My teachers supported and encouraged me to explore deeply not only in Kundalini Yoga overall but also in my own humanity, to find a new place for my development and try to bring out the best of me with love and kindness. The fact that Hargobind, Judith, Pedro, Daniela, and other teachers and colleagues in the course also spoke my mother tongue (Spanish) was just the cherry on top of all the nice things I found during this time! With love and gratitude.

— ” —
CRIS, MEXICO



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