



LEVEL 1 • 200H KUNDALINI YOGA TEACHER TRAINING

Come back to yourself

Everything else follows

A journey to reconnect with yourself through the wisdom
of Kundalini Yoga, in Zürich, Geneva & Lugano.

STARTS

October 2026

LOCATION

Zürich · Geneva · Lugano

CERTIFICATION

200H Yoga Alliance

IMAGINEYOGAACADEMY.COM

SWITZERLAND · 2026 — 2027

02 WELCOME

Why we made *this for you.*

If you are reading this, something on our website spoke to you. We are glad. Imagine Yoga Academy's 200h program is a deep personal journey towards reconnecting with ourselves using the transformative techniques of Kundalini Yoga.

Read carefully and look closely at what you will be saying yes to. The schedule. The teachers. What you would learn, month by month. What this time together would ask of you, and what it would give back.

We have tried to write it the way we would speak to you if you came to one of our studios for a coffee or a tea before deciding. Honest about what this is. Honest about what it isn't.

Take your time with it. The training begins on October, 2026. We hope this document leaves you with more clarity than you had when you opened it.

We invite you to **book a Discovery Call with us**, so you can get to know us more personally and clarify anything you need.

Love and strength,

Daniela Troconis & Pedro Misle

Co-founders · Lead Trainers · Imagine Yoga Academy

03 WHAT THIS GUIDE WILL GIVE YOU

What this guide will give you.

By the time you reach the last page, you will know:

- The recognition: there is a moment that arrives without warning **04**
- What Kundalini Yoga actually is, and what it isn't. The honest version **06**
- The path: Yoga is not the goal, you are **08**
- Why we structure the training around the seven chakras,
and what you will work in each layer **10**
- The Seven Layers of the journey **11**
- What the training feels like from the inside, module by module **14**
- The curriculum of the Training **16**
- How we teach, Imagine's methodology **19**
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- When & where it happens: dates, location, and the daily rhythm **25**
- One conversation **27**
- Registration, investment, what is included, and payment options **28**

Read it in your own time. Skip what you already know. Linger where it matters.

04 THE RECOGNITION

There is a moment *that arrives without warning.*

You are in a meeting. You are in your home. You are walking back to your apartment after another evening that looked, from the outside, like everything was fine.

And something in you, says: this is not it. Not the job. Not the relationship. Not the body. You. The version of you that has been holding everything together for everyone, for so long, that you have stopped recognising the person in the mirror.

Sometimes it's loud, sometimes not. That is part of what makes it harder to name. And underneath lies a question:

**Who am I,
beyond all the doing?**

*What you are missing is a path.
A structure. A practice that holds
you to find your way back.*





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 • 200H & 300H GRADUATE

BOOK A DISCOVERY CALL

06 WHAT IS KUNDALINI YOGA

What Kundalini Yoga *actually is*

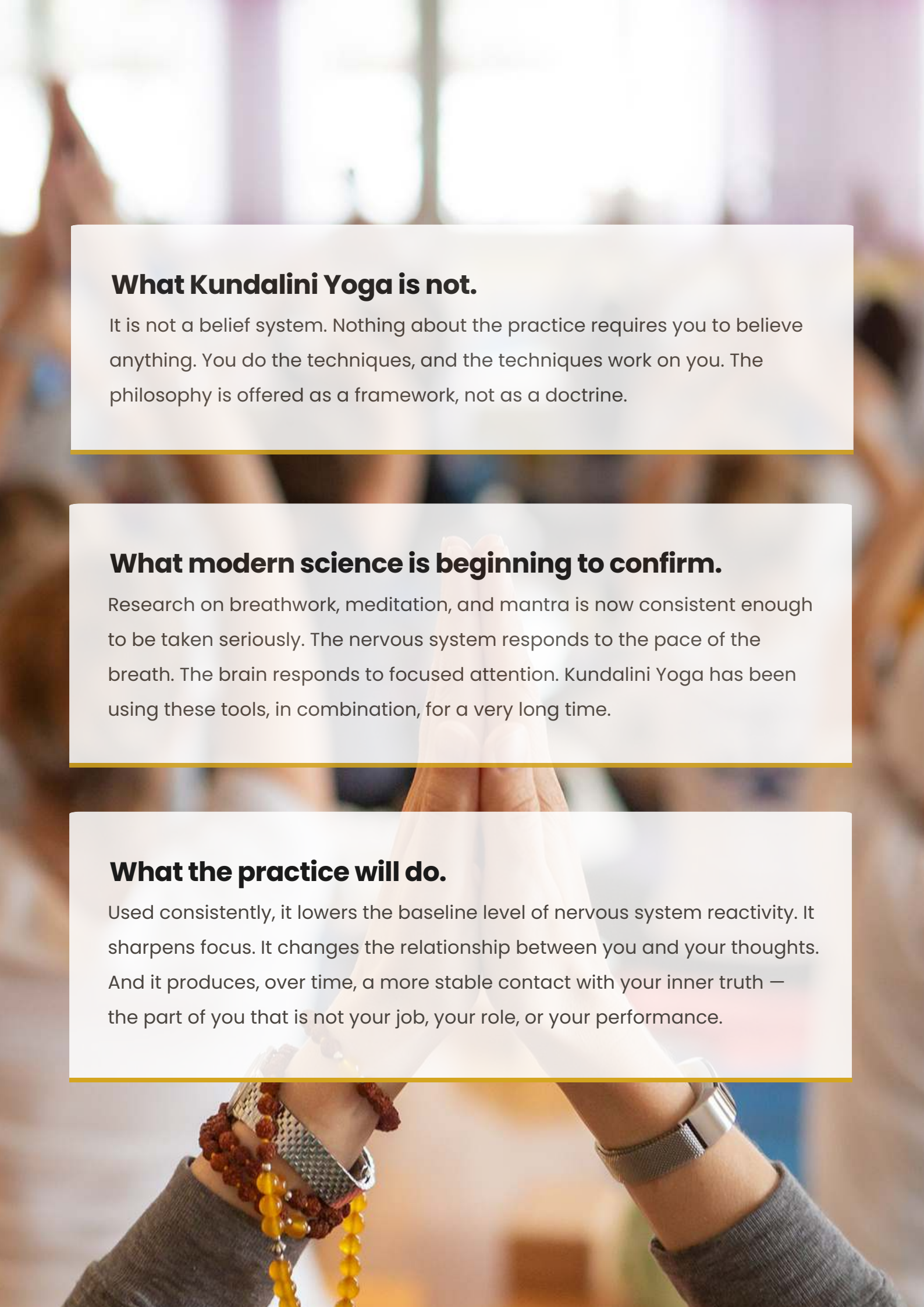
Kundalini energy is one of the most ancient concepts in yoga. It represents our dormant potential. At Imagine, we consider this a metaphor — a way of saying that we carry an unlimited potential inside us, and that if we do the work of knowing ourselves, we will create the best life we can live.

Kundalini Yoga is a method that combines movement, dynamic breathing, sound, vibration, mantra, and meditation to work directly on the nervous system, the glandular system, our focus, and the patterns of the mind.

Often called the yoga of transformation or the yoga of awareness, it is designed to build physical vitality, increase consciousness, and create a clearer, more honest connection with yourself through the powerful internal processes awakened by the practice.

It is a practice for active people living real lives, people with jobs, families, responsibilities, and the desire to live with greater balance, clarity, and presence.





What Kundalini Yoga is not.

It is not a belief system. Nothing about the practice requires you to believe anything. You do the techniques, and the techniques work on you. The philosophy is offered as a framework, not as a doctrine.

What modern science is beginning to confirm.

Research on breathwork, meditation, and mantra is now consistent enough to be taken seriously. The nervous system responds to the pace of the breath. The brain responds to focused attention. Kundalini Yoga has been using these tools, in combination, for a very long time.

What the practice will do.

Used consistently, it lowers the baseline level of nervous system reactivity. It sharpens focus. It changes the relationship between you and your thoughts. And it produces, over time, a more stable contact with your inner truth — the part of you that is not your job, your role, or your performance.

08 THE PATH

Yoga is not the goal

you are.

Our Level I 200h Kundalini Yoga Teacher Training it's a deeply supportive journey to uncover your true self and awaken your inner guidance. You are welcome to join us whether you're exploring healing, growth, or new possibilities.

Yoga is a method of self-knowledge, refined over thousands of years, designed to help you live a life that comes from your own truth.

The ancient teachers were clear about the premise: the only way to suffer less is to live a life designed from your truth.

But, how do you design a life from your truth, if you do not yet fully know what your truth is?

This is what Imagine's Kundalini Yoga Teacher Training is for: a guided, structured, and supported encounter with yourself, alongside experienced teachers and a community walking the same path.

"You are not only a yoga student here. You are a person meeting yourself, and we hold a safe space for you to do it."





**The experience has been wonderful, but above all revealing. It is the best investment I have done in a long time.
Thank you Imagine!
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.**

10 THE STRUCTURE

The structure of the Training

The training is structured around the seven chakras, not as an abstract energy theory, but as a path for uncovering your truth. Each module explores one chakra through the practice of kriyas, pranayamas, meditations, mantras, and yogic philosophy.

We follow the path the teachers left us. The chakras are organised in a way that makes sense, so nothing is left unattended.

You cannot work on your voice if your body does not feel safe. You cannot work on boundaries without allowing yourself to feel. You cannot work on clarity before clearing the ground. As simple as that.

The ancient teachers organised human experience into seven layers, from our foundational needs to our deepest sense of connection.

We use this map because, after fourteen years of teaching, we have seen how this structure helps people reconnect with their inner truth.

Each module focuses on one layer. You will practise the kriyas, pranayamas, meditations, and mantras associated with that layer. You will read the philosophy. You will be guided through the personal inquiry the layer asks of you. And you will be supported, by us and by your group, while you do it.



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THE SEVEN LAYERS OF THE JOURNEY

The seven layers *of the journey*

**01 ROOTS** *Muladhara*

FORGIVENESS · BELONGING · FEAR

What holds you up.

The first layer is everything that supports you: your story, your body, the ground beneath your feet. We begin here because nothing else holds without it. This chakra is about survival, roots, belonging and letting go.

**02 FLOW** *Svadhishthana*

EMOTION · DESIRE · FLOW

What moves through you.

The second layer is water. Most of us have learned to edit what we feel before truly feeling it. Here we stop editing. The soul speaks through emotion, and desire, when clean, becomes fuel.

**03 PERSONAL POWER** *Manipura*

DISCIPLINE · SELF-WORTH · ACTION

What you do with your power.

Here we revisit personal power and remember we did not come to life only to survive — we came to live. To live is to act upon our truth. The first chakra is standing on your feet. The third is holding your ground.

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THE SEVEN LAYERS OF THE JOURNEY

**04 HEART** *Anahata*

COMPASSION · BOUNDARIES

How you stay open and stay whole.

The heart has two movements: opening, and protecting. We cannot live disconnected from others, and we cannot pour from an empty self. Here we learn the art of staying open and whole at the same time.

**05 VOICE** *Vishuddha*

COMMUNICATION · TRUTH

Communicating from your truth.

Words are vibration, and vibration becomes life. Here we learn to speak from truth instead of performance, to use the voice as connection rather than defence, and to notice when our words sustain or diminish.

**06 CLARITY** *Ajna*

WISDOM · DETERMINATION

Knowing what to do, and doing it.

Most of us know more than we live. This layer closes that gap, not by adding more knowledge, but by learning to choose what must be done instead of what is easiest.

**07 CONNECTION** *Sahasrara*

ONENESS · AWARENESS

The whole you have always been part of.

The path opens, and returns, in connection. The seventh layer is the recognition that you are part of a whole, and that your thoughts, emotions, words and actions all touch it.

*It is a personal journey: from the deepest and most intimate parts of yourself,
toward the higher self that connects you with everyone and everything.*



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 · 200H & 300H GRADUATE

BOOK A DISCOVERY CALL



14 HOW WE MOVE THROUGH THE TRAINING

How we move *through the Training*

Module I. The first time the group sits together. Some have practised for years. Others have never chanted a mantra out loud. By Sunday afternoon, that difference does not matter. The first mantras. The anatomy of breath and the foundational techniques. The chakras as a map that guides you, and Patanjali as the philosophy behind it.

Module II. We meet again and the journey picks up speed. The history of Kundalini Yoga, without mythology. Muladhara and Swadisthana. The ground beneath you (family, story, fear, forgiveness) and the water that moves through you (emotion, desire). Breath of Fire enters. Most people meet it with resistance before they meet it with rhythm. The Creating Self Love Meditation, which lands differently than the name suggests. By the end, the practice has stopped being something you do and started being something that does something to you.

Module III. The first module online. Fully dedicated to the eight limbs of Patanjali, also known as the Method of Yoga. The Yamas, the commitments that reshape a life: non-violence, truthfulness, earnestness, moderation, non-attachment. The Niyamas, the attitude toward your best life: purity, joy, inner fire, self-study, devotion. A module to reflect, and to let the practice soften the mind and open the heart. We meet once a week online. It's a great time for a tutorship with Daniela or Pedro.



15 HOW WE MOVE THROUGH THE TRAINING

Module IV. The third in-person seminar. Study of Manipura and Anahata. The fire centre and the heart. The part of you that decides, and the part that softens. This is when the 40-day practice gets explained, and most people start one. Sat Kriya. Then the Three Functional Minds: negative, positive, neutral. You recognise yourself in all three. The group has a shape now.

Module V. The second module online. We continue with the 8 limbs. Asana, not as a position but as a lived experience. Pranayama, and why you already have what you need. Pratyahara, how to withdraw the senses so the outside world stops running the inside one. Daniela and Pedro stay with you in the weekly classes.

Module VI. The fourth in-person seminar. Vishuddha and Ajna. Voice and clarity, then the inner eye. The Nine Aspects of the Mind, and meditations for each. Kumbhaka, holding the breath teaches you something about holding everything else. Then the Ten Bodies of subtle energy.

Between the modules and the retreat. Integration. You have time to go over the online curriculum. You finish the written reports and the final project. Most importantly, you keep practising. This is where the training becomes yours. You take more responsibility for your practice. By design. This is the time for a final tutorship with Daniela or Pedro.

July — The retreat. The seventh layer.

Four days at Kientalerhof, in a side valley of the Kandertal. Live music. Nature. and deep meditative and physical practices. Experience and connection.



16 THE CURRICULUM

The curriculum *of the Training*

*Underneath the seven layers runs
a curriculum refined over fourteen years.
The philosophy. The science of the practice.
The mind. The breath. The sound.
We teach all of it, with rigor,
and without dogma.*

Foundations. What thousands of years of practice have taught us about the human being. What neuroscience, psychology, and contemporary research are beginning to confirm about why these methods work. Yoga as a path to reconnect with yourself, applied to life as you actually live it.

Lineage. What Kundalini energy is, and what awakening it means. What it does not mean. Where the Kundalini Yoga lineage comes from, and why this form of yoga differs from Hatha, Vinyasa, and the others.

Sadhana. The art of the daily practice. How to build one of your own. The forty-day practices, and the longer commitments beyond them. Aradhana. The discipline that makes everything else possible. By July, you will have a daily practice that is yours, not borrowed.



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THE CURRICULUM

The mind. The three minds — protective, projective, meditative. How each serves a different layer of your life, and how to recognise which is speaking at any given moment. The cycle of intellect. Drishti, focused attention. Where much of our suffering begins, and where it can end.

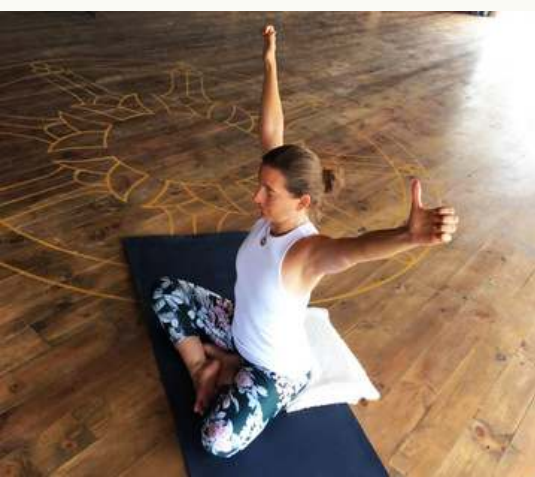
Posture & breath. The mechanics of breath, and why pranayama is one of the most precise tools we have. Foundational pranayamas. The bandhas. The philosophy behind posture. Alignment for the body you actually have. The wisdom within each asana, and how to teach it without harm.

Mantra and meditation. Why sound affects the body, the mind, and the nervous system. The foundational mantras, their meaning, origin, and how

to use them without affectation or performance. Static and dynamic meditations. Meditation with mantra. Meditation in silence.

Anatomy, teaching skill & applied

yoga. The relevant anatomy for a yoga teacher. Spine, hips, shoulders, diaphragm. How to recognise a posture that is helping a student, and one that is harming them. How to hold a room. Class structure. Voice. Pace. Silence. The bridge between ancient method and the person you will be on Monday morning. By the end of July, you will hold a Yoga Alliance certification, and you will have earned it.





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.

Andrea.



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THE METHODOLOGY

Imagine's *methodology*

Hybrid by design, each component does a specific job.

The training is hybrid. Four in-person weekends in your city, weekly live online sessions, an on-demand curriculum with lifetime access, 3 personal mentorships with the lead trainers, and a four-day closing retreat in the Swiss Alps. A structure, designed across fourteen years of teaching.



IN PERSON

**4 weekends in your
*city of reference.***

The deep work happens here. Practice in group, teaching skill, deep conversations. Check the dates for your city.



AT-HOME

On-demand + weekly live

On-demand classes you move through at your own pace. Live group sessions every week, November to March with the lead trainers.



20 THE METHODOLOGY



LIFETIME ACCESS

Everything is yours, *permanently*

You can return to a class five years from now and find it there. The practice is for a lifetime, and the materials should be too.



ONE ON ONE

3 personal mentorships

Three one-on-one sessions across the training, with Daniela or Pedro. Time to dive deeper, in a personal way. Time to be seen by your teacher, individually, more than once.



INTEGRATION

April, May, June *by design*

No in-person weekends.

A period for integration, completing the classes and requirements, and continuing your process with the support of the teachers.

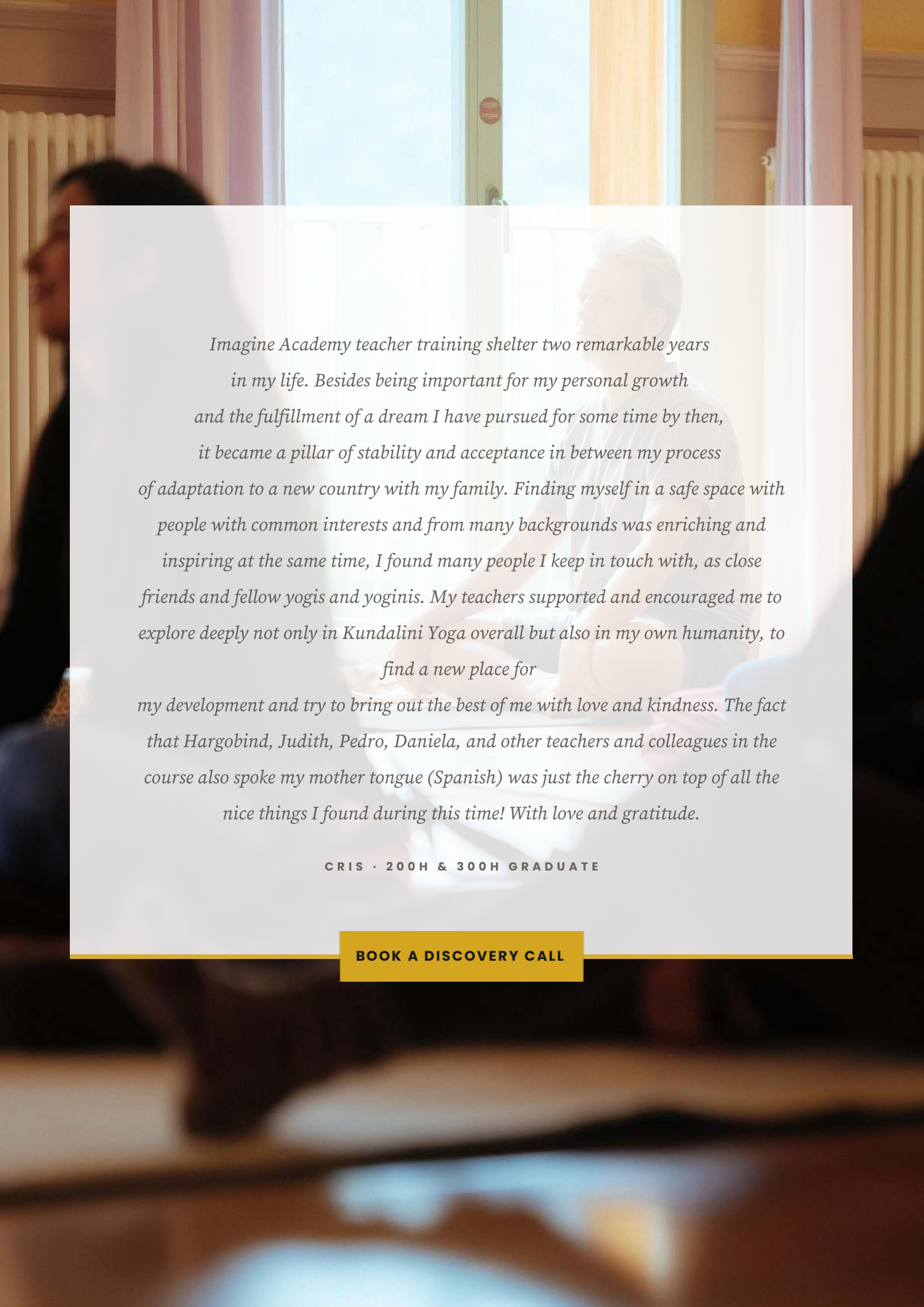


RETREAT

Four days at Kientalerhof

The most memorable part of the training. 4 days in the mountains, away from daily routine. Deep practice, meditation, and the whole community together. A space to return to yourself.





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 • 200H & 300H GRADUATE

BOOK A DISCOVERY CALL

22 THE TEACHERS

Meet the teachers

who will guide you



LEAD TRAINER · CO-FOUNDER

Daniela Troconis Daly

Practising yoga since 2004, teaching since 2007, and training teachers since 2012. Daniela is certified by Yoga Alliance as an E-RYT 500 and Continuing Education Provider, with KRI Level I certification, five years of continuous Kundalini Yoga training certified by PREM Association and European Yoga Alliance, and

additional training in Vinyasa, Tantra Hatha Flow, and Pre and Post-Natal Yoga. She has guided +900 students across Spain, Switzerland, Slovenia, India, and online. For Daniela, yoga is a practical guide for living with greater consciousness and honesty. She creates a safe space in every room she teaches, helping students use body awareness, breath, and meditation to understand themselves more clearly.

"My inspiration: my daughter's eyes, my husband's love, and being in contact with nature."



LEAD TRAINER · CO-FOUNDER

Pedro Misle

Practicing yoga since 2006, teaching Kundalini Yoga since 2008, and training teachers since 2012. Pedro is certified by Yoga Alliance as an E-RYT 200 and Continuing Education Provider, with additional training in Tantra Flow. For Pedro, yoga is the daily practice of responsibility — toward yourself and toward others.

He teaches from the conviction that every person carries enormous beauty inside, and that the work is simply learning to see it.

"I practice every day to believe more in myself, and therefore to believe more in you."

23 THE TEACHERS



LOCAL PARTNER & TEACHER TRAINER ZÜRICH

Judith Ender

Teaching Kundalini Yoga in Zürich since 2009, Judith's practice began in Barcelona in 2000 and Kundalini Yoga found her in 2007. She is trained in Kundalini Yoga and Prenatal Yoga, has studied Naad, the yoga of mantra and sound, since 2011, and co-founded Gobinde Yoga, the first Kundalini Yoga centre in

Zürich. She has taught at Imagine Yoga Academy's Zürich teacher trainings since 2013, in English and German. For Judith, yoga is both mirror and source, showing her own strengths and limitations, and opening her heart to accept herself and others as they are. She teaches because she wants to make accessible what has been, for her, genuinely life-changing.

"Time and time again I'm amazed by what yoga can awaken within us. When we practice, breathe consciously, stretch, persevere, sing, and meditate, a special kind of magic arises; a force that brings forth both small and great miracles."



LOCAL PARTNER & TEACHER TRAINER GENEVA

Shahrazad Chida

Teaching Kundalini Yoga in Geneva since 2021, after she completed her 500h Kundalini Yoga Teacher Training with Imagine Yoga Academy, certified by Yoga Alliance. Shahrazad holds additional certifications in Yoga Anatomy (100h), Pranayama (60h), Yoga Nidra (60h), and Advanced Yoga Studies

Studies (100h) through YogaLife (Yoga Alliance RYS), and is a certified Ayurveda Practitioner through Usha Veda. Since 2022 she has assisted in teacher training programmes for both Imagine Yoga Academy and YogaLife. For Shahrazad, yoga shifted everything she thought she knew, from understanding to experiencing.

"I, who always wanted to understand and explain everything, realized that yoga was more about experiencing than understanding."

24 THE TEACHERS



LOCAL PARTNER & TEACHER TRAINER LUGANO

Marilena Capobianco

Marilena has practiced Kundalini Yoga since 2014, completed a 500-hour KY Teacher Training with Imagine Academy in 2016, and a 200-hour Hatha and Ashtanga training in Rishikesh in 2018. She is also certified in energy work, meditation, and sound healing. In 2025, she found of Yoga – I Viaggi Nell'Anima Lugano,

offering classes, workshops, and individual sessions, and collaborates with Imagine Academy as a teacher trainer in the city. For Marilena, Kundalini Yoga is the foundation from which everything else grows. She combines yoga with holistic and intuitive practices, centered on awareness, growth, and transformation.

“Kundalini opened a deep doorway within me. It awakened a strong desire to truly know myself and bring the hidden parts of my essence into the light.”



25 DATES, LOCATION & DAILY RYTHM

When & where *it happens*

The training is offered in Zürich, Geneva and Lugano, with one shared retreat in the Swiss Alps. Choose the city that fits your life, attend a different city if you ever need to, and arrive at the retreat together.

Schedule & Dates of the In-Person Seminars.

Saturday and Sunday, with optional morning practice from 6:30 to 08:30h, and theory, practice, and technique classes from 9:30 to 17:30h (including breaks).

Zürich

SEMINAR 1 Oct 31 – Nov 1, 2026

SEMINAR 2 Nov 28 – 29, 2026

SEMINAR 3 Jan 23 – 24, 2027

SEMINAR 4 Mar 20 – 21, 2027

Geneva

SEMINAR 1 Oct 31 – Nov 1, 2026

SEMINAR 2 Dec 5 – 6, 2026

SEMINAR 3 Jan 16 – 17, 2027

SEMINAR 4 Mar 13 – 14, 2027

Lugano

SEMINAR 1 Oct 17 – 18, 2026

SEMINAR 2 Nov 7 – 8, 2026

SEMINAR 3 Jan 9 – 10, 2027

SEMINAR 4 Feb 27 – 28, 2027



ALL CITIES · TOGETHER

Summer Retreat *in the Swiss Alps.*

July 8 – 11, 2027

Live music, nature, community, deep Kundalini Yoga practices, silence, and the closing of the first part of the journey, together.



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 · 200H & 300H GRADUATE

27 A CONVERSATION

One conversation *away*

*If something in you has been resonating as you read this document,
that voice is worth listening to.*

The next step is **a conversation**.

The energy of a training is shaped by the people inside it. This is why we care deeply about who joins us, and why we want you to have the space to feel and then decide with clarity.

Write to us or book a call. Ask everything you need to ask.

You will speak directly with Daniela, Pedro, or one of our teacher trainers.
We answer every message ourselves.

Sat Nam.

The Imagine Team.

BOOK A DISCOVERY CALL

Registration & investment

EARLY BIRD · UNTIL JULY 15, 2026

CHF **3,500**

~~CHF 3,900~~ SAVE CHF 400



Early Bird closes July 15, 2026 · limited places

Payment Options

Early Bird: One payment of 3,500 CHF (until July 15)

REGISTER HERE

One payment: 3,600 CHF (save 300 CHF)

REGISTER HERE

Two payments: 2 × 1,850 CHF (save 200 CHF)

REGISTER HERE

Six payments: 1,400 CHF + 5 × 500 CHF

REGISTER HERE

Included: four weekends in-person, two high quality printed manuals we have refined over fourteen years, 3 personal tutorships with Lead Trainers, lifetime access to the online curriculum, weekly live sessions from November to March, certification by Imagine Yoga Academy + possibility to register your certification with Yoga Alliance.

If you want to register through bank transfer, please reach us at
imagine@imagineyogaacademy.com

BOOK A DISCOVERY CALL



200h Kundalini Yoga Teacher Training

Registration

EARLY BIRD · UNTIL JULY 15, 2026

CHF **3,500**

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[REGISTER HERE](#)

Six payments: 1,400 CHF + 5 × 500 CHF

[REGISTER HERE](#)

Registration details for bank transfer:

PEDRO MISLE

IBAN: ES26 1465 0100 91 1767442770

Código BIC: INGDESMXXX

Calle Camino Real 2 Bis, Bajo C009, 28260, Galapagar, Madrid, Spain.

Included: four weekends in-person, two high quality printed manuals we have refined over fourteen years, 3 personal tutorships with Lead Trainers, lifetime access to the online curriculum, weekly live sessions from November to March, certification by Imagine Yoga Academy + possibility to register your certification with Yoga Alliance.



– ZÜRICH · GENEVA · LUGANO · MADRID · MÁLAGA –



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