



Level 2 Yin Yoga Teacher Training Bali July 2027



Dr. Karina Smith

Thank you for your interest in this Level 2 Yin Yoga teacher training in July 2027.

Dr. Karina Smith is thrilled to bring this Level 2 Yin Yoga teacher training back to Bali for 2027.

Level 2 is a 50hour advanced Yin Yoga teacher training, designed to be a continuation of her foundational 50hour Level 1 teacher training.

Level 2 is a focus on:

- 🌙 Cultivating and improving language and cueing skills
 - 🌙 Daily yin teaching practice with feedback
- 🌙 Applying Functional anatomy/skeletal variation cues to flow yoga
- 🌙 5 Element Chinese Medicine Theory and Sinew Channel Theory
 - 🌙 Developing intuitive somatic skills



Dates:

6 nights/7 days

June/July 2027

Sun 27th June (2pm check-in) -

Sat 3rd July (12pm check-out)

Location:

Gaia-Oasis Abasan Mountain Retreat

Northern Bali

Pre-requisites:

Completed study in a foundational 50 hour Yin Yoga teacher training
(with Karina or another teacher)

that has included:

**skeletal variation,
functional anatomy,
yin yoga teaching skills.**

Karina is running her Level 1 in Melbourne this year if you need to train up.



Gaia-Oasis Retreat

Welcome to Abasan

Nestled between a vibrant village and a protected forest, Abasan is the tranquil home of the Gaia-Oasis Foundation — a place to reconnect, recharge, and retreat. Here, nature's stillness is interwoven with the gentle rhythms of local life.

Peaceful Accommodations

Spread across 4 lush hectares, Abasan features spacious Balinese-style bungalows and a hillside guesthouse. Each bungalow is uniquely furnished, complete with open-air bathrooms, kitchens, and private gardens. The guesthouse offers simpler, ensuite rooms ideal for solo travelers or those seeking community. Please note, Abasan's terrain may not suit guests with mobility concerns.

Mountain & Forest Yoga Shala

Our yoga and meditation space is a serene open-air shala with breathtaking views of lotus ponds and the surrounding greenery. Designed using natural materials, it offers a peaceful setting to deepen your practice, whether through yoga, meditation, or healing sessions — always close to the heartbeat of nature.

Dining with a View

The open-air dining terrace is a favorite gathering spot, shaded by bamboo and overlooking a peaceful valley. Enjoy daily vegetarian buffets and à la carte dishes made with fresh, locally sourced ingredients. Vegan, gluten-free, and other dietary needs are happily catered for.

Saltwater Pool & On-Site Wellness Centre

Relax, swim laps, or simply soak in the views from our saltwater pool, perched on a mountain terrace. Book yourself a daily massage from the amazing menu at the wellness centre

Living Lightly on the Land

Sustainability is at the heart of Abasan. We use spring water, practice organic gardening, and filter grey water naturally. Our goal is to tread lightly, with vegetarian meals, minimal chemicals, and no tobacco in communal spaces.

Travelling To Gaia Oasis Abasan:

From Denpasar Airport, the drive is approximately 3 hours (traffic dependant).

At an extra booking fee, Gaia can arrange a driver to collect you and take you to the airport after the training is completed.

This is a highly recommended option!



Accommodation Packages

All packages include Level 2 yin yoga training program, 3 x daily buffet meals, daily tea/coffee, and access to the pool.

Please note that in alignment with the venues' sustainability model, there is a cooling fan, but no air-conditioning.

Twin share prices available on request

Lombok House

\$3800 p/person

unique private bungalow

Includes ensuite,
kitchenette, room fan



Private Rooms

\$3500 p/person

per person

Includes ensuite, room
fan, shared kitchen



Frangipani House

\$3300 p/person

upstairs and downstairs
available separate levels
in one whole house

Includes ensuite, shared
kitchen, room fan



Guest Room

\$3000

private guest room

Includes bathroom,
room fan, next to the
pool.



Accreditation and Course Content

Karina is an ERYT1500 Senior teacher, with CEAS and 100hr Yin yoga teacher Accreditation with Yoga Alliance Australia

Level 2 Yin Yoga Teacher Training with Karina, is a much more practical, fluid training, drawing from the anatomy, language and theory knowledge from your foundational yin yoga training.

The Content of Level 2 will include:

Daily yin teaching practice with quality feedback

Cultivating your **intuitive somatic skills**: Drawing from Karina's NLP training, this will keep you in your body and out of your head whilst teaching, and help you make soul aligned choices with your classes, events and workshops

Applying Skeletal Variation knowledge to flow styles of yoga:

applying the information of bone variation to other forms of yoga and movement to create functionally appropriate cues for asana practices.

Language, themes, cue development for your classes and workshops

The Five Element Theory of Chinese Medicine:

Metal, Water, Wood, Fire, Earth

How to apply these themes to your classes and draw inspiration from Chinese Medicine without overwhelming your student with unnecessary jargon.

The Sinew Channel Meridians of Chinese Medicine:

These are the most appropriate meridians that relate to the practice of yoga and movement. After a long time of contemplation, Karina has revised the way she shared knowledge of the meridians in trainings, and is excited to bring this content to the Yin Yoga space.

Upon completion you will be eligible to either apply for another 50CPD points, or add to your teaching accreditation to become a 100hr certified yin yoga teacher.

Refund policy

A 20% deposit will secure your place in the training.

Training fee does not include airfare or travel transfers

Training fee includes 6 nights accommodation and all meals

Refunds requested 6 months prior to training will be granted in full.

Refunds requested within 6 months of training commencement will be granted minus non-refundable deposit.

Refunds requested 2 months prior to training commencement will receive 50% refund minus non-refundable deposit

To register for this training please email Karina directly
karinasmith@karinasmith.com.au

Registrations will be available online from the 1st September 2026

