



Welcome Guide

Hatha + Vinyāsa Essential

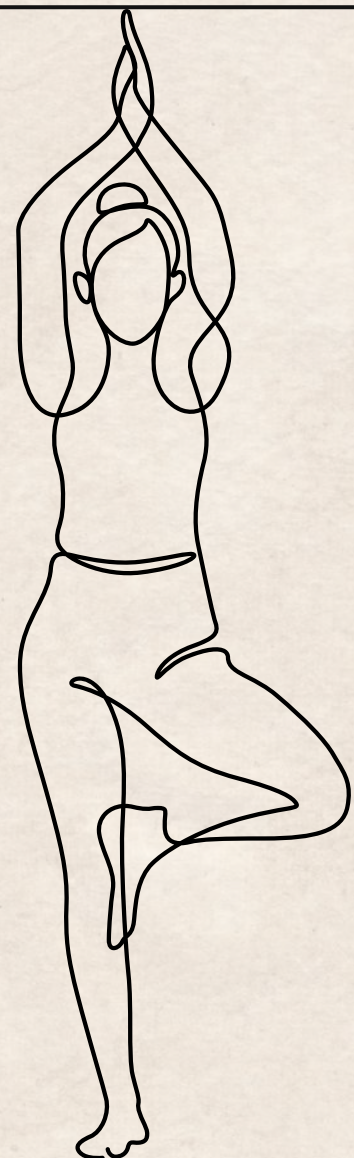
200-hr Yoga Teacher Training

in the Douro Valley Portugal

with Eva Hamilton & Co.

October 4 - 24th, 2025

- Arrive & Anchor | Program Orientation
- Origins & Intentions | Introduction to Yoga
- Wisdom Traditions | Yoga History & Philosophy
- Subtle Systems | Energetic Anatomy
- Embodied Anatomy | & Functional Movement
- Teaching Method | Guiding Practice
- Āsana & Alignment | Classical Poses & Flows
- Prānāyāma | Breathwork & Benefits
- Dhyāna | Meditation, Mantras, & Mudras
- Crafting Classes | Sequencing & Theming
- Practice to Profession | Ethics & Business of Yoga



Start your journey....

Welcome to your yoga teacher training! We are delighted you have chosen to study with our school and look forward to welcoming you to our retreat in the Douro Valley, Portugal. It's an honor to share this process with you.

Like the practice of yoga itself, the journey of a teacher training is not just about an endpoint of certification and our closing ceremony. It's a process of uncovering the origins and intricacies of yoga, alongside the self-exploration of reflecting, relating, and holding space for ourselves and others.

Breathe and settle into your body as you leaf through these pages, allowing this guide to be like the grounding integration at the start of your yoga practice. We hope this information helps to set the energy and expectations for what is to come in the course. And if you have any further questions, please just let us know. We are here to support you.

1. THE TRAINING
2. CURRICULUM & SCHEDULE
3. ONLINE RESOURCES
4. RETREAT, ROOMS, & RATES
5. MINDFUL MEALS
6. TRAVEL GUIDE
7. FAQ FINE PRINT
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Welcome Teachers

Every yoga teacher remembers the feeling... The anticipation and excitement of signing up for your first teacher training. The time spent exploring and finding a program you feel resonance with, through both research and intuition. The moment of taking a deep breath, before signing up and stepping in.

Maybe you've practiced yoga for years and have long desired to dive deeper. Or perhaps you've felt a recent shift that's aligned you with expanding your yoga practice and studies.

We understand that this training is no light commitment. To be present and immerse yourself in this process, you've probably needed to reorganize many aspects of your life. We want you to feel supported from the moment you book your first consultation call, until long after our graduation ceremony and integration mentorship in the following weeks.

We created this program for you. After years of teaching for several international yoga schools, we've observed what subjects and resources were commonly lacking. Our intention within this course was to create a curriculum and supportive process that goes above and beyond the yoga industry standards. And we want you to receive all the benefits of this journey to teach yoga with clarity and confidence.

Trust that you'll overcome the healthy nerves of teaching your first pose, sequence, and class to your peers. You'll learn the beautiful intelligence underlining yogic concepts. You'll discover intricate and intentional methods of instruction and communication. And you'll learn how to hold space for yourself and others through this practice.

We remember. And we are here to support you as you navigate this journey.

with gratitude,

*Eva Hamilton
& the Source Faculty*

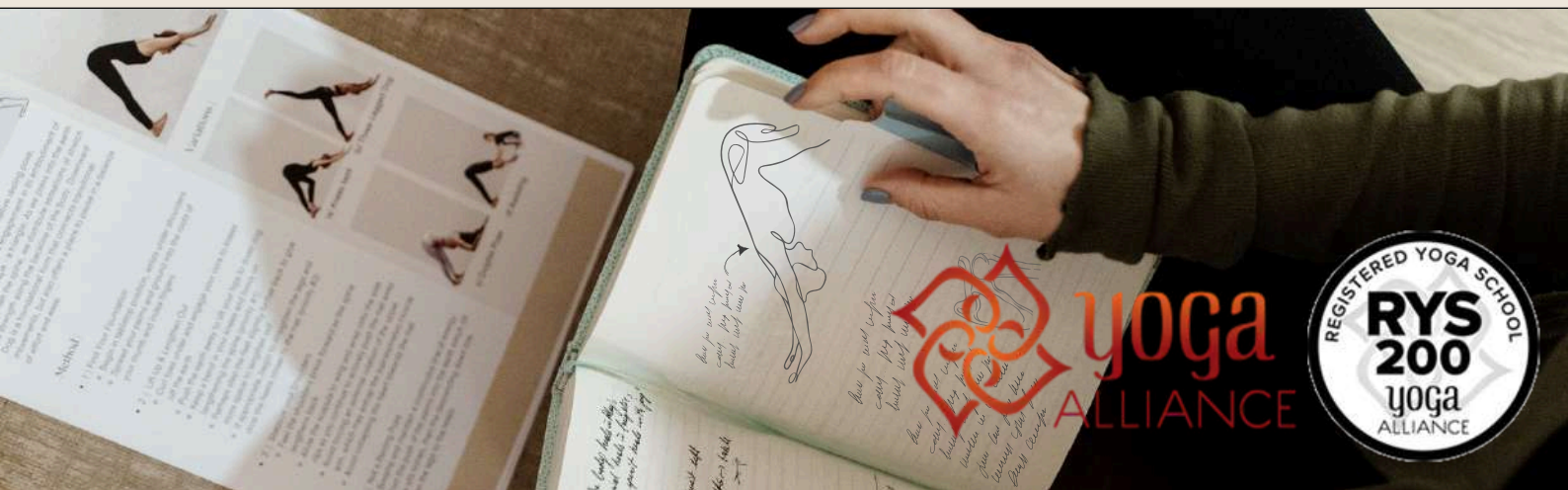


A stack of four cork yoga blocks is on the left, with one block leaning against them. To the right is a wicker basket containing a rolled-up light-colored yoga mat. The background is a plain, light-colored wall.

About

200-hr Haṭha + Vinyāsa
Training Process

200-hr Haṭha + Vinyāsa Yoga Teacher Training



Are you ready to evolve your love of yoga into a lifelong practice and professional path? Welcome to the Source Yoga Essential 200-hr Teacher Training.

From the origins and deeper intentions of yoga, to the intricacies of human anatomy, our broad and balanced training covers all aspects of yoga. Offered as a hybrid of an in-person immersion alongside online resources and mentorship, you'll benefit from the irreplaceable opportunity to learn in person at our beautiful retreat in Portugal, alongside the continued support of online learning.

Guided by our experienced yoga educators, you'll learn more than how to teach poses. You'll uncover the beautiful intelligence underlining modern anatomical principles and traditional yogic concepts. You'll explore intricate and intentional methods of sequencing, instructing, and communicating in different yoga class settings. And you'll unearth deeper layers of yourself, connecting and reflecting through study, sadhana (*practice*), and sangha (*community*).

Our program is also officially accredited as a 200-hr Registered Yoga School with the Yoga Alliance, providing you with the most globally recognized qualification. Whether you aspire to teach locally or take your skills abroad, our certification opens doors to a world of teaching.

As yoga educators, we don't just teach yoga; we become the source for our students. We're honoured to guide you through this process of wisdom and well-being to become a calm, clear and confident certified yoga teacher.



What **YOGA** means to us

Before choosing a yoga school or training, it's most important that you feel resonance with their understanding and approach to yoga.

Some trainings focus solely on yoga as fitness, while others lean into the esoteric and mystical. At The Source, we find a balanced middle ground, offering a broad curriculum that honors yoga's origins and deeper intentions while preparing our students to teach in the modern world. We share practices that are research-informed and teach alignment which honours anatomical principles and individual variation. But we also encourage our students to explore yoga beyond asana, delving into philosophy, meditation, and traditional wisdom.

We believe that as we deepen our studies, the perceived divide between modern anatomical understanding and traditional sacred practices begins to dissolve. The more we learn about the body, the more sacred it may feel, and as we explore the energetic, it often aligns beautifully with evolving scientific insights.

Our yoga is also about staying grounded. To us, yoga is not about ascending to a higher dimension but finding a little more peace and presence in our daily living. We embrace the philosophical origins and intuitive experiences of yoga, but we are not a shamanic yoga school, nor a dogmatic one. We offer an inclusive and adaptable approach to yoga that integrates its spiritual depth into the fabric and flow of modern life.

We also believe that the only way you learn how to teach is by teaching. Alongside theory, we also give importance to practice teaching from the very start. Through small mindful steps, like teaching your first pose, sequence, and class, you'll witness a big, beautiful transformation. Nothing can replace the value of learning how to teach moving, breathing bodies and witness the direct response of verbal cues and consenting hands-on assists. This is why over 160 hours of our course is completed in person.

Our programs are guided by our Director and Lead Teacher, Eva Hamilton, who has been teaching yoga professionally for over sixteen years. Eva has completed over 1000+ hours of teacher training and has facilitated over twenty international yoga teacher trainings. She designed the Source Yoga 200-hour teacher training by addressing gaps often found in contemporary training programs.



YOUR GUIDE

Eva Maxine Hamilton

Eva Hamilton is a Canadian Yoga Educator, specializing in the slow, supported and soulful practices of yin yoga and restorative yoga. She completed her first of many yoga trainings when she was just 17, teaching full time since 2008. She owned a studio in Canada for many years before she began to travel and teach around the world.

Her gentle approach is combined with an in-depth understanding of anatomy and functional movement as well as the mindbody connection and intricate workings of the human nervous system. Before becoming a yoga teacher, Eva studied religious studies at university and has a thorough understanding of philosophy and mysticism.

Eva specializes in educating on applied anatomy, yoga philosophy, teaching methodology, posture clinics & alignment, preventing yoga injuries, myofascial release, and more. Eva has completed over 1000-hrs of yoga studies and is registered as a Yoga Alliance YACEP (Continuing Education Provider).

Eva's intention in teaching is to craft a supportive & nourishing energy for her student's self-exploration. She places an emphasis on the internal experience and encourages self-empathy, kindness and curiosity both on and off the mat.

As a Teacher Trainer, her objective is to elevate the standard of yoga teacher trainings and train knowledgeable, confident and compassionate teachers who embody their teachings, hold safe space, and pass along the wisdom of yoga in their communities.



About the Training

Eva is joined by our faculty of experienced and passionate instructors, dedicated to providing a holistic learning experience.

We also keep our class sizes small and weave in moments for one-on-one feedback and mentoring so you'll feel personally supported through the training.

Beyond teaching a specific flow, our students learn the deeper intelligence of sequencing that organizes and structures the asana and movement within a class. Applying these strategies, you'll begin to construct your own safe, intentional, and meaningful yoga classes.

We also know that the student-teacher connection is based on safe boundaries and subtle skills, including language, thematic elements, space holding, and co-regulation. We explore these essential aspects that are often overlooked.

Alongside the in-person portions, 40 hours of our program continues online. You'll receive access to live calls, an online container of specialist lectures, and a vast collection of online classes as ongoing references to support your teaching.

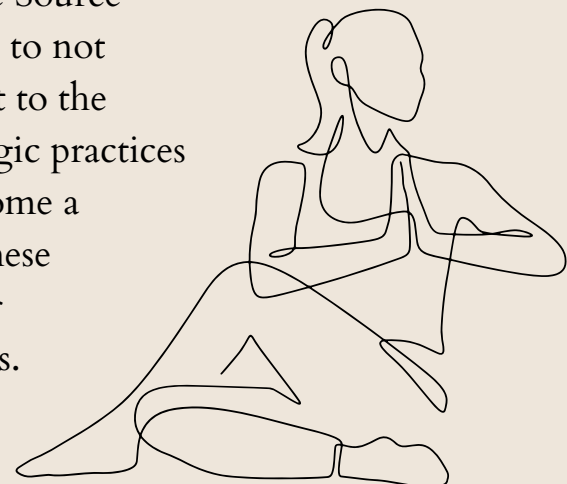
After our training, we stay by your side. Our training includes an additional 10-hour mentorship module, covering a range of practical topics relating to teaching yoga professionally. This will include three live group calls and one private call with your teachers.

From developing a sustainable class planning process, to developing signature offerings and marketing your classes, you won't feel deserted after graduation day. We give our teachers the tools and encouragement to expand their teaching into different pathways, from group classes, privates, workshops, events, and retreats.

Even more than the intricacies of yoga, in this training you'll uncover so much about yourself. The wisdom innate in your body. Your mental architecture.

Your abilities to connect and co-regulate with others. And your own unique expression and voice as a teacher.

Join us at the Source on a journey to not only connect to the source of yogic practices but also become a conduit of these teachings for your students.



Practice Styles

Another aspect that makes our training unique is that we offer certification in two distinct styles, not just one. You'll gain an in-depth understanding of both classical Hatha and creative Vinyasa yoga, alongside adaptable practices for supporting different populations and the skills to lead more in-depth offerings like private classes, workshops, and retreats.

Hatha

Hatha Yoga is a foundational style that emphasizes balance through a series of static postures and mindful transitions.



The word Hatha has many interpretations, including the balance of solar and lunar principles, but also represents an overall physical practice. Technically, any yoga practice performed with the body is Hatha.

However, on a modern studio schedule, Hatha commonly refers to a comprehensive class including standing and seated poses practiced at a slow or moderate pace. It is an ideal practice for beginners, as well as long-term practitioners seeking a balanced practice.

Vinyāsa

Vinyasa Yoga is a dynamic and fluid style characterized by flowing transitions synchronized with the breath.



Originating from the modern practice of Ashtanga yoga, vinyasa has evolved as a creative style, that emphasizes movement, rhythm, and playful sequences. Vinyasa is generally a dynamic and energetic practice, which builds heat, endurance, and flexibility. It often appeals to students seeking a more active practice, enjoying fluidity and continuous movement.

But this style can also offer a moving meditation and be adapted to an energizing or slow and mindful pace, requiring conscious engagement and the integration of present awareness and interconnected breath.



The Training Process

1 — The Groundwork | ONLINE IN ADVANCE | UNLOCKS JUN 1ST

Before we gather together in person, our 5-hr online introductory course will gently prepare you physically and mentally for course to come, including:

- Welcome lectures and written chapters to introduce the course structure, philosophy, assessments, and policies.
- Guided yoga practices designed to prepare your body and mind.
- A summer recommended reading list to deepen your foundational knowledge.
- Preparatory practices and packing tips to ensure you're all set.

2 — The In-Person Immersion | OCT 4 - 24TH, 2024

AT THE SOURCE RETREAT IN THE DOURO VALLEY, PORTUGAL

The in-person training at The Source Retreat is an immersive experience set within the historical charm and natural beauty of our Quinta in the Douro Valley. Each day is thoughtfully structured, blending guided practice, in-depth lectures, hands-on, interactive learning, and reflective moments. You'll engage with the physical, philosophical, and practical aspects of yoga. Immersive trainings live up to their name – they are intentionally intense, but they are powerful spaces for learning and growth. (See our full curriculum and training schedule ahead)

3 — Continuing Container | ONLINE ALONGSIDE & AFTER TRAINING

Alongside and after our in-person time together, 40 hours of our program continues online. You'll receive access to:

- Guided practices, including Haṭha, Vinyāsa, Pranayama, Meditation, Yin, Restorative, and MFR to inspire your self-practice and teaching.
- Assisting tutorials to gain confidence with offering hands-on instruction
- Specialized guest lectures on a wide range of yogic subjects.
- Q&A forum with continued support from our teaching team

4 — Mentorship | CONTINUED SUPPORT AFTER

We stay by your side. After graduation, the final phase of our process is an additional 10-hour mentorship, including resources to support you as you begin to share your teaching in your community and set the foundation stones of your yoga business. We will have opportunities to reconnect and integrate as a group, as well as a one-on-one call with a training leader to support the next steps of your journey.



Our Course Includes...

- Our **In-Person Teacher Training Immersion** (160 hours)
- Our **Online Course Containers** (40+ hours)
- Our additional **10+ hour Mentorship Process** including three group calls and one private call to support your next steps
- **Extensive Source Materials** | Over 600-pages of our comprehensive self-written manuals printed in full color
- **Retreat Room & Board** | A live-in retreat experience at The Source, a 400-year old Quinta offering historical charm and modern comfort in the natural beautiful of the Douro Valley, including 20 nights of accommodation
- **Mindful Meals** | Wholesome and delicious daily meals to nourish your body and sustain your energy
- **Healthy Hydration** | Fresh, infused, and sparkling water, coffee, tea, and fruit are available all-day
- **Awakening Morning Yoga** | Meditation, journaling, pranayama, alongside energizing haṭha + vinyāsa practices
- **In-depth Lectures & Tutorials** | Engaging and interactive sessions led by expert educators and experienced teachers.
- **Restful Evening Practices** | Yin, restorative, gentle haṭha, and yoga nidra to unwind and regulate at the end of each day.
- **Yoga Shala** | Fully equipped yoga studio with mats, bolsters, blocks, straps, blankets, and therapy balls.
- **Amenities** | Lounges, dining room, plunge pool, courtyard, terraces, gardens, and vineyard paths.
- **Complementary Gifts** |
 - **Two Therapy Balls** for your own fascial self-care throughout the training
 - **Source Tote Bag** with training essentials
 - **Grad Gift & Photoshoot** | 5 professional photos for your own memories & marketing (including headshot & poses of your choice)





Testimonial



Hi, my name is Jacqueline and I did my 200 hour yoga teacher training with Eva. Yeah, it was really amazing. I'm so grateful to have got to know Eva in such a way.

Really, if I think about the embodiment of yoga in a person, it would be Eva. She is so knowledgeable on many things, everything related from philosophy, the history to anatomy. She calls herself an anatomy nerd. But that really stuck with me as well. It's really nice that she has so much knowledge as well as so many years of practical experience.

And you really feel it in the way that she teaches, not only in her teaching in her classes, but also in a teacher training. She's really kind and warm. She's compassionate. So, yeah, it really helps to develop self-confidence as a teacher as well to have such a supporting teacher by your side. So I definitely recommend doing a retreat or teacher training with Eva because she's really one of the most special teachers that I've ever encountered. - Jacqueline



Training Dates & Details

200-hr Haṭha + Vinyāsa Yoga Teacher Training

Immersion Training | October 4 - 24th, 2025

In Cidadelhe in the Douro Valley, Northern Portugal

At the Source Retreat with Eva Hamilton

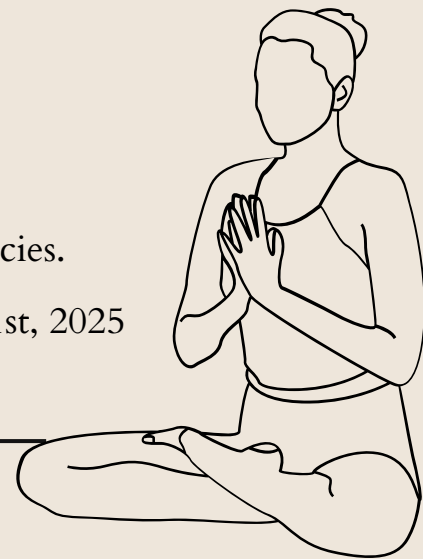
Online Education | In addition, students must complete:

- Online Module | Continuing Online Studies (40-hours)
- Online Mentorship | Additional Mentoring Process (10-hours)

Full attendance is required during our in-person modules.

Please familiarize yourself with our attendance and certification policies.

Online studies and assignments must be completed by December 31st, 2025



Training Investment

Our rates depend on your room selection and time of booking, ranging from €3200 - €5000 per person. Our early bird rates are available until July 1st, 2025.

You will find all prices listed in the Rooms & Rates section of this guide.

Your package will include your training, 20 nights of accommodation, all on-site meals during your stay, and all our printed course manuals and materials.

Save your space with a €500 Euro deposit. Payment plans are available.

Please familiarize yourself with our full refund and cancellation policies (see *fine print*).



A photograph of a room with a window, a fireplace, and yoga mats. The room is dimly lit, with a fireplace on the left and a window in the center. The window has white shutters and a white frame. The floor is made of light-colored wood. There are several rolled-up yoga mats on the floor, some in a wicker basket and some on the floor. The text "Curriculum & Schedule" is overlaid on the image in a white, serif font.

Curriculum & Schedule



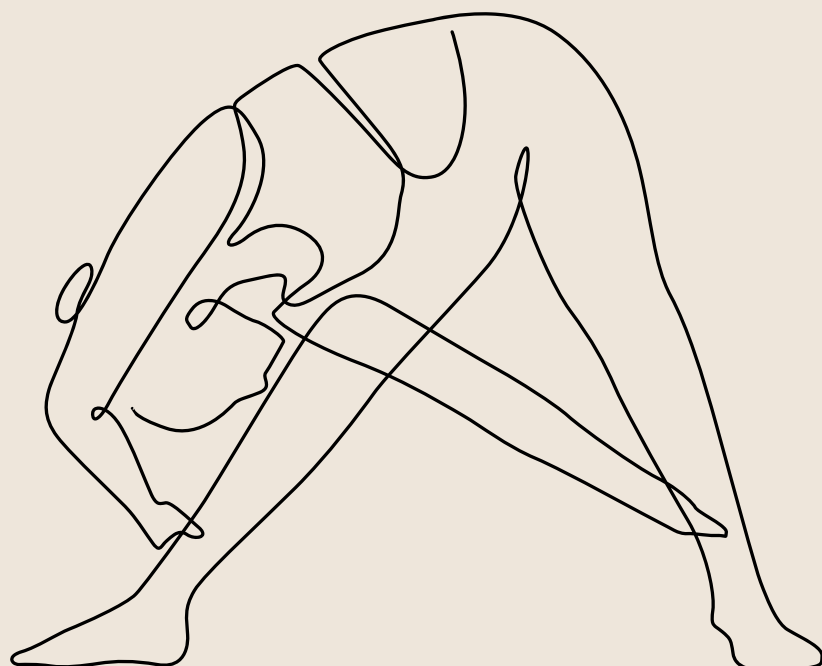
CURRICULUM

Our curriculum is meticulously crafted to be comprehensive and complete, offering a hybrid learning experience that seamlessly blends in-person intensives with engaging online modules.

We go above and beyond industry standards, ensuring an enriched educational journey that prepares you thoroughly for your yoga teaching path.

Explore our educational categories here →

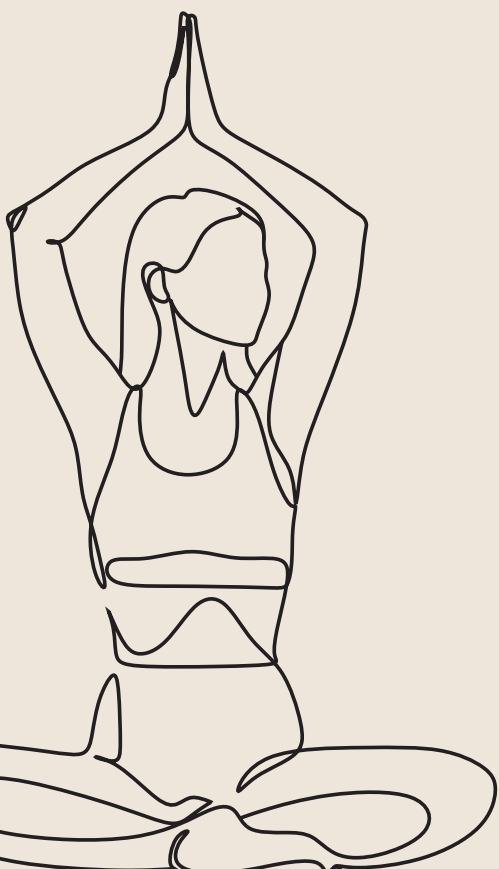
- Arrive & Anchor | Program Orientation
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- Dhyāna | Meditation, Mantras, & Mudras
- Crafting Classes | Sequencing & Theming
- Practice to Profession | Ethics & Business of Yoga



SCHEDULE

Silêncio

From 9:00 pm to 9:00 am each day, we welcome our students to practice silence, known in yogic traditions as *Mauna*. Morning meditation and practice will be guided, but we ask our students to remain in the energy of silence unless something specific needs to be shared. Silence doesn't have to feel serious - you're welcome to smile at your peers and enjoy your morning tea in the quiet gratitude. By beginning the day in silence, we create space to connect with ourselves more deeply.



Meditation & Journaling 7:00-7:30am

Guided and Silent Meditation

Morning Yoga Practice 7:30-8:45am

Including Āsana, Prānāyāma, and Meditation

Breakfast Break 8:45-9:30am

History & Philosophy Lecture 9:30-11:00am

Eg. Intro to the Eight Limbs of Yoga

Embodied Anatomy Lecture 11:00-12:30pm

Eg. Overview of Hip Anatomy - Joint structure & major muscles

Lunch & Rest 12:30-2:00pm

Āsana Analysis 2:00-4:00pm

Eg. Standing Poses & Lunges Part One

Teaching Techniques 4:00-5:30pm

Eg. Classical Hatha Sequencing Pt. II

Evening Yoga Practice 5:30-6:30pm

Eg. Yin Yoga - Adaptive Wall Class

Dinner & Rest 7:00pm





WEEK *One* In this module, you will learn:

- About the ancient origins of yoga and intentions of yoga
- The role and tools of a Yoga Teacher
- How to practice and safely instruct and assist essential or archetypal postures, as well as forward folds, backbends, basic sun salutations, as well as basic pranayama and meditation
- An introduction to anatomy, including anatomical language, the skeletal and muscular systems, covering the spine and lower body in depth
- How to sequence and guide classical hatha classes

WEEK *Two* In this module, you will learn:

- Layering in more intricate alignment of standing, balancing, seated and supine poses
- Medieval to pre-modern philosophical phases, including primary texts of the Bhagavad Gita & Hatha Yoga Pradipika
- Applied anatomical concepts, including anatomy of the hips, shoulders, core and pelvic floor, plus functions of fascia and the nervous system
- Vinyāsa-style sequencing strategies
- Students will plan and teach their first basic Haṭha yoga class class with a partner and complete our first written exam



WEEK *Three* In this module, you will learn:

- How to safely instruct and assist advancing asana like arm balances and inversions
- Modern yoga history, from colonialism to contemporary styles
- To adapt for pre-existing conditions, prevent yoga injuries, and teach different populations
- Theming and language frameworks, teaching methodology, yoga business, and ethics.
- Subtle skills of teaching yoga, including communication, co-regulation, and safe boundaries, as well as yoga ethics and business practices
- Complete this process by writing our final exam and teaching a focused practicum (a full-length practice or mini-workshop).



Week I

Oct 4 - 11th

	Sat Oct 4	Sun Oct 5	Mon Oct 6	Tues Oct 7	Wed Oct 8	Thurs Oct 9	Fri Oct 10	Sat Oct 11
7:00-7:30 AM		Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Rest Day
7:30-8:45 AM		Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice	
8:45-9:30 AM	Breakfast Break							
9:30 - 11:00 AM		Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Rest Day
11:00 - 12:30 PM		Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	
12:30-2:00 PM	Lunch & Rest							
2:00-4:00 PM	Please arrive between 12:00 - 2:30pm 3:00-5:30pm Welcome Circle & Orientation	Asana Analysis	Asana Analysis	Asana Analysis	Asana Analysis	Asana Analysis	Teaching Techniques	Rest Day
4:00-5:30 PM		Teaching Techniques	Teaching Techniques	Teaching Techniques	Teaching Techniques	Teaching Techniques	Teaching Techniques	
5:30-6:30 PM	Evening Practice	Evening Practice	Evening Practice	Evening Practice	Evening Practice	Evening Practice	Rest	
7:00PM	Dinner & Rest							

Week II

Oct 11 - 18th

	Sun Oct 12	Mon Oct 13	Tues Oct 14	Wed Oct 15	Thurs Oct 16	Fri Oct 17	Sat Oct 18
7:00-7:30 AM	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Rest Day
7:30-8:45 AM	Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice	
8:45-9:30 AM	Breakfast Break						
9:30 - 11:00 AM	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Teaching Practicum 1 (Partner Co-teach)	Rest Day
11:00 - 12:30 PM	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Teaching Practicum 1 (Partner Co-teach)	
12:30-2:00 PM	Lunch & Rest						
2:00-4:00 PM	Asana Analysis	Asana Analysis	Asana Analysis	Asana Analysis	Asana Analysis	Teaching Practicum 1 (Partner Co-teach)	Rest Day
4:00-5:30 PM	Exam I	Teaching Techniques	Asana Analysis	Teaching Techniques	Asana Analysis	Rest	
5:30-6:30 PM	Evening Practice	Evening Practice	Evening Practice	Evening Practice	Evening Practice		
7:00PM	Dinner & Rest						

Week III

Oct 19 - 24th

	Sun Oct 19	Mon Oct 20	Tues Oct 21	Wed Oct 22	Thurs Oct 23	Fri Oct 24
7:00-7:30 AM	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling	Meditation + Journaling
7:30-8:45 AM	Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice
8:45-9:30 AM	Breakfast Break					
9:30 - 11:00 AM	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Yoga Wisdom History & Philosophy	Teaching Techniques	Teaching Techniques	
11:00 - 12:30PM	Embodied Anatomy	Embodied Anatomy	Embodied Anatomy	Teaching Techniques	Teaching Techniques	
12:30-2:00PM						
2:00-4:00 PM	Final Written Exam	Teaching Practicum 2 Final Practical Exam	Teaching Practicum 2 Final Practical Exam	Teaching Practicum 2 Final Practical Exam	Teaching Techniques	
4:00-5:30 PM	Teaching Techniques				Evening Practice	
5:30-6:30 PM	Evening Practice	Teaching Techniques	Teaching Techniques	Teaching Techniques	Reflect & Connect Closing Ceremony	
7:00 PM	Dinner & Rest					



90 -HRS ĀSANA & PRACTICE

Including āsana, prāṇāyāma, and meditation, as well as āsana analysis to refine alignment, embody anatomical principles, and deep self-connection

30 -HRS EMBODIED ANATOMY

Get to know the deeper structures and individual intricacies of the body to guide safe and functional movement

30 -HRS YOGA HISTORY & PHILOSOPHY

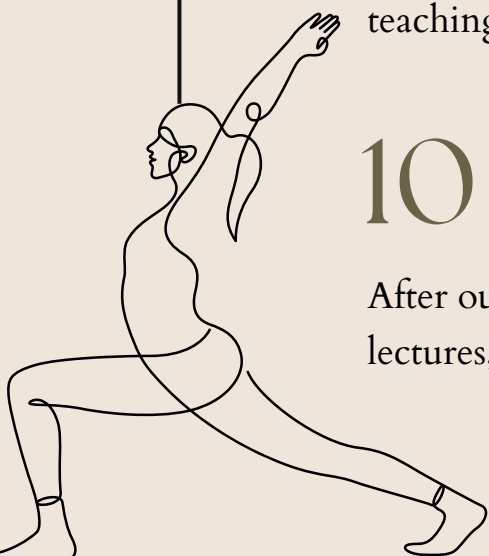
Learn about the ancient origins, philosophical phases, and deeper intentions of yoga practice, contextualizing our teaching in the modern world

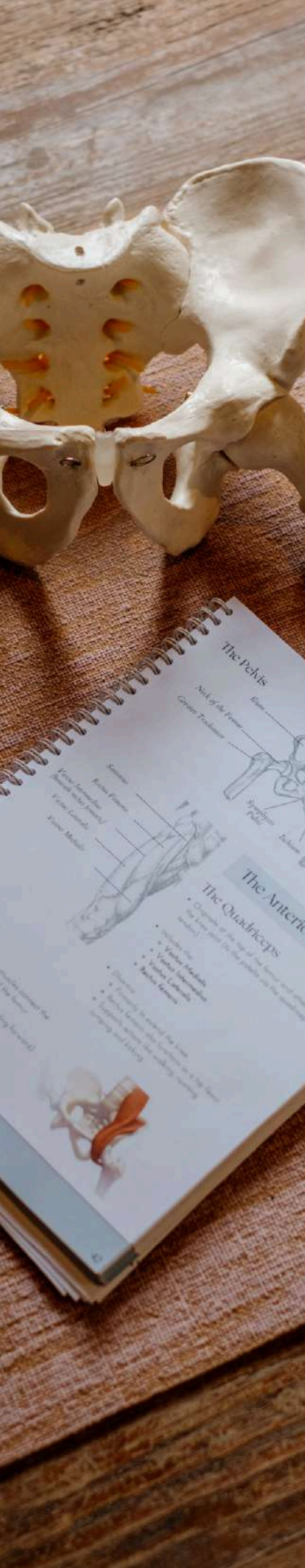
50 -HRS TEACHING METHOD

Including teaching method, sequencing, theming, language, space holding, ethics, and business of yoga, and an emphasis on practice teaching.

10 -HRS ADDITIONAL MENTORSHIP

After our training, we stay by your side with 10-hours of ongoing lectures, live group calls to reconnect, and a one-on-one support session.





What you'll learn....

- Āsana Analysis | Alignment and adaptations of yoga postures
- Prāṇāyāma & Dhyāna | Breathwork and Meditation
- Yoga History | From ancient origins to modern styles
- Yoga Philosophy | Wisdom traditions and Primary Texts
- Embodied Anatomy | Principles of movement and individual variation
- Observing and Adapting | Reading and responding to bodies
- Energetics and Subtle Systems | The koshas, nadis, and chakras
- Classical Haṭha Class Composition | Building a balanced class
- Vinyāsa Flow Sequencing | Progressive and creative strategies
- Teaching Tools | Instruction, demonstration, observation, adaptation, and tactile assistance for different learning styles
- Conscious Communication | Language and theming frameworks
- Hands-on Assists | Effective and meaningful assists with consent
- Teaching Pathways | Teaching groups, privates, and workshops, as well as special populations
- Holding Safe Emotional Space | Trauma-informed principles
- Subtle Skills of Teaching Yoga | Safe space, boundaries, communication, co-regulation
- Yoga Ethics | Lifestyle, scope of practice, and professional skills
- Yoga Business Models | Energetically and economically sustainable teaching



Assessments

In order to graduate from the course and receive certification, you will be required to teach two practicums and submit all mandatory assignments. This will include passing two written exams and both practical teaching assessments.

Practicum One | Partner Practice Teach

In our second week, you will work in assigned groups of two (or three), students to plan & co-teach a 50-minute class. This will be a basic hatha class, which should include all three elements of asana, pranayama, and meditation.

Key Elements: An introduction and clear class theme/focus, opening integration/ meditation, pranayama & breath guidance, an intentional warm-up, a well-balanced sequence (including a Sun Salutation variation, standing, balancing, prone, seated, and supine poses), a relaxing shavasana, and a short integration/meditation to close practice.

This is an opportunity to teach a basic hatha class with fundamental elements to gain comfort in your teaching and receive encouraging feedback.

Practicum Two | Your Final Practicum

In the final week of our program together, you will teach a full practice. You are welcome to guide hatha, vinyasa flow, yoga for a specific population, or a more focused mini-workshop.

Teach from your heart, including a class theme or focus that reflects you as a teacher and demonstrates shows your knowledge and skills. This class is to allow you to express more of your personality, teaching style, and specialization as a yoga teacher.

Following your class, you will be able to meet one-on-one with one of our faculty to discuss the practice and receive feedback. Our feedback will focus on: Complete class construction, physical safety, instruction, demonstration, observation, safe adjustments, sequencing, theming, language, safe space, and the inclusion of anatomical concepts, yogic philosophy, and other course concepts.



Exam One |

Your first written exam will cover the content of week one, including fundamental knowledge across all covered competencies. This exam is assessed to ensure students are learning and integrating course concepts, as well as to help us adapt our teaching to ensure competency across our curriculum's categories.

Other Requirements |

Students will also be required to complete their student workbooks during the training, including

- A practice journal, recording insights from daily practices
- Anatomy worksheets, including context charts on anatomy and asanas
- Yoga Sutras reflection worksheets, to integrate philosophical concepts

Exam Two | Final Exam

Our final written exam will occur during class sessions in our second module together. A passing grade of 75% on this assessment is essential in order to receive your certification. This exam will include sections on yoga history, philosophy, energetics, anatomy, ethics, and practical instruction. It will include multiple-choice questions, diagrams, and long answers. More info will be given closer to the time of the exam.

The Yoga Alliance |

Our training is now accredited with the Yoga Alliance. The Yoga Alliance is the most internationally recognized association of Yoga Teachers. In recent years, the Yoga Alliance has reformatted its accreditation systems to elevate the quality, safety, accessibility, and equity of international teaching and trainings. To receive this designation, Source Yoga supplied over 800 pages of documents on our program which were reviewed and approved to provide this accreditation for our grads. Upon successful completion, our teachers can choose to register as a 200-RYT® (Registered Yoga Teacher) and begin their teaching and studies with this acknowledgment.



Online

Continued Support



ONLINE MODULE

Alongside & In-Between

Groundwork 5-hours

Before we gather together in person, our 5-hr online introductory course will gently prepare you physically and mentally for course to come, including:

- Welcome lectures
- Guided yoga practices designed to prepare
- A summer recommended reading list to deepen your foundational knowledge
- Preparatory practices and packing tips to ensure you're all set

Practice 20-hours

- Stay connected to your practice with our online classes
- You'll receive access to a collection of over 100 yoga class videos to support your personal practice and provide sequencing and theming examples.
- You will receive a practice journal to log your 10 hours of ongoing practice. This includes noting observations on class themes, sequencing strategies, and self-reflection.

Assisting & Teaching Tutorials 5-hours

- You will also receive tutorial videos you can practice alongside with to develop your confidence with hands-on assists and review alignment fundamentals. You can return to these resources once home to continue practicing kinetic instruction.

Specialist Lectures 10-hours

- Join special guest teachers from around the world to learn about specific subjects. Programs will be live or pre-recorded
- After viewing each program, students will respond to three questions to demonstrate their knowledge
- Subjects include introductions to: Yin Yoga, Restorative Yoga, Yoga Nidra, Ayurveda & Seasonal Yoga, Adaptive Yoga, Aromatherapy for Yoga, and Prenatal Basics.





After INTEGRATION & MENTORSHIP

Following our in-person training, you'll be supported by a container of resources and live calls designed to support your next steps as you begin to share your teaching.

You'll receive a pre-recorded container covering everything from business foundations, to creating specialized offerings, to finding a sustainable class planning process and teacher self-care.

You'll also benefit from three hours of live calls, including one group call and one 1-on-1 call with one of our program teachers to integrate our process together and feel supported as you begin teaching!

Part One | Yoga Ethics & Alliance

- About the Yoga Alliance (1 hours) | The Yoga Alliance Credentialing Process, Lifetime of Learning (continuing education), Ethical Commitment, including Scope of Practice, Code of Conduct, Equity Position Statement, and accountability measures

Part Two | Teaching Yoga Professionally (5-hrs)

- Yoga Business Foundations (1-hr) | Review of yoga business models, liability insurance, waivers, invoicing
- Your Message as a Teacher (1-hr) | Defining your message, following curiosity to find your niche, writing your bio, creating your brand
- Creating a Signature Offering (1-hr) | Students learn how to plan a special offering, like a yoga workshop, class series, event, retreat, and more
- Planning a Yoga Workshop (1-hr) | Students learn about the types of yoga workshops and use a template to plan their own specialized workshops or event
- Sales with Sincerity (1-hr) | Marketing and promotion, including email, social media, and other marketing tools
- Self-Care & Energy Strategies for Yoga Teachers (1) | How to support your energy through weekly classes to prevent Yoga Teacher burnout

Part Three | Mentorship (4 hours)

- 3x live group integration follow-up call (3-hrs total)
- 1x one-on-one mentoring follow-up session (1-hr total)



Retreat Center

Explore the Source





Welcome to *the* SOURCE

Welcome to The Source, our retreat center overlooking the rolling vineyards of the Douro Valley. From the moment you arrive, we hope you feel the care and love that's been poured into restoring this 400-year-old Quinta into a space for wellness and unforgettable experiences.

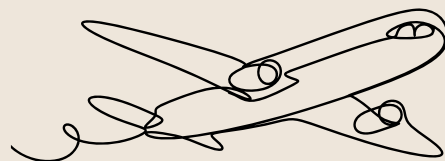
The property comfortably accommodates 12 - 16 guests in shared and private room arrangements. Each room is beautifully furnished with antique touches and thoughtful storage, and most have en-suite bathrooms.

From practicing in the yoga shala and sharing meals, to walking and resting within the endless views of the valley, this is a place where time slows down. Whether you're here to lead a retreat, learn in our programs, or simply relax, this setting invites you to connect more deeply - with yourself, your practice, and your community.

About the Retreat



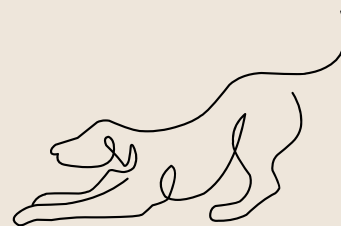
Located in the small hilltop village of Cidadelhe, surrounded by the rolling hills of the Douro Valley vineyards.



Only 1-hour and 15-minutes from the Porto airport, you'll feel transported into a different world.



We are a working vineyard, but to honour the intentions of yoga we do not serve vinho during teacher trainings.



Bonus pet therapy! We have a dog and frequent cat visitors, who are not allowed in our guest rooms, but may wander through the house and grounds. We do our best to maintain a clean, serene environment for all - but are also the perfect retreat for animal lovers.





A Quinta is a traditional Portuguese farmhouse, often part of a vineyard or agricultural estate. Ours dates back to the early 1600s, with history woven into every carved stone and wooden beam. It tells stories of the past, from its old dining room with a large lopsided fireplace to the intricate layers of basements below, used for treading grapes and wine-making.

The house features a mix of private and shared rooms to suit personal preferences. Upstairs, you'll find six guestrooms, including two privates, two doubles, one triple room, and one quad room with dorm bunk beds. Our upstairs rooms all feature en-suite bathrooms, heating and cooling AC units, new comfortable mattresses, and dedicated storage spaces. Downstairs, we also offer a deluxe private room, a small facilitator room, and an additional private cottage in the garden.

As we've restored the property, our goal has been to rectify its history while offering the modern comforts needed to make your stay both authentic and enjoyable. Our amenities include a large lounge to read and rest, a romantic old dining room, a fully equipped yoga room with all the props to support your practice, and a plunge pool (and sauna and ice bath facilities coming in 2025). Outside you'll find our large courtyard, sunset terrace, extensive gardens, and rolling vineyards with ample space to wander and rest. In 2025 we will also be adding a large solar panel installation to offset our energy needs.

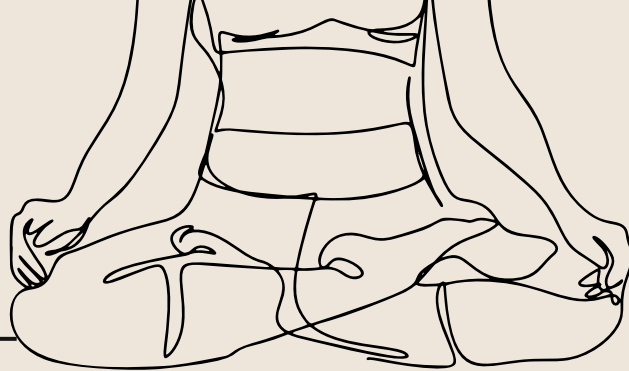
The Source was created by Eva and Stephen. Stephen is from Scotland. After years of working in wind energy and renewables, he felt called to make a shift - a more personal and grounded one. That calling brought him to Portugal, where he fell for the charm of a crumbling 400-year-old Quinta. Bit by bit, he's restored the house and land into the vibrant retreat space it is today, a place to be shared with friends, guests, and our ever-growing community. You'll so meet our beloved animais de estimação (animals of esteem, the Portuguese term for "pets").



You'll meet Freya, our one-of-a-kind "Portuguese Mystery Dog," who loves company on her vineyard walks and a few local cats who adopted us over the years. We have some boundaries and our creatures are not allowed in guest rooms, but we are also the perfect retreat for animal lovers.



AMENITIES



Shared Spaces

You'll have exclusive access to our historic property, including accommodations and shared spaces like :

- **The Main Lounge** | We'll welcome your guests in our warm and inviting main lounge, featuring cozy yellow tones and comfortable couches. Throughout your retreat, this is a space to gather and unwind – share tea and conversation, take a moment to read and rest or host a movie night with our cinema projector.
- **Dining Room** | Here you'll find the heart of the house, with a large stone fireplace, original wooden beams, and a buffet table made from a single slab of stone. The dining room is full of character. It's the perfect place to share wholesome meals and hilarious moments with your group under the blue ceiling and delicate gold stars hand painted above.
- **Upstairs Lounge** | For those seeking a little hideway, the upstairs lounge offers a quiet setting with comfortable couches. It's ideal for reading, reflection, or smaller group connections, providing a peaceful retreat within the house.
- **Yoga and Outdoor Spaces** | The property includes a dedicated yoga room with historic details and a constellation ceiling, as well as outdoor spaces like the fig courtyard and upper terrace for practices surrounded by nature. You can also take your meals outside to the terrace, where you can enjoy breathtaking sunset views. Or just take space walking and resting through the vineyard above the house.



Working Vineyard

Our Quinta is also a fully operational vineyard. Built into the hillside, the house uses gravity to help wine flow from the ancient stone tanks into the barrels below. As you wander the rows of vines, you may come across the wise and wonderful women who help care for the vineyard and gardens. And if you ever visit us in mid-September, you're welcome to contribute your hard labor! During our retreats, you can also add local wine to your evening meal or take part in our wine making tour and tasting.



The Yoga Shala

Our yoga room balances historic charm with practical functionality and includes all the yoga props needed for a supported practice. The space is truly one-of-a-kind. Original wooden floors, old wood cabinets, and a stone fireplace preserve the room's historic feel, while large windows invite natural light and offer views into the courtyard. From shavasana, you'll notice our hand-painted ceiling featuring astrological constellations. A hidden bookshelf door adds a playful touch, linking the yoga room to the dining room, while another door connects into a small room with a painted wooden altar, originally the house's chapel.



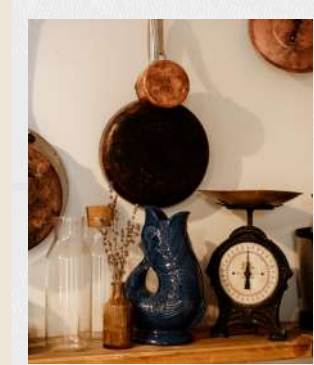
The Plunge Pool & Outdoor Spaces

Once an agricultural water tank, our plunge pool has been refitted to provide a refreshing escape during the summer heat. Though small, it's the perfect place to cool off, featuring stairs for easy access and a small deck shaded by a persimmon tree for relaxing by the water.

Just off the yoga room, our large courtyard offers a convenient spot for outdoor yoga practices or moments of quiet reflection. There is also a terrace above the house with the best views of the sunset. Surrounding the property, you'll find walking footpaths, vibrant gardens, and seasonal fruit trees, inviting you to slow down and enjoy the surrounding setting.



A Glimpse Inside



Rooms + Rates

Find Your Space



ACCOMODATION



Each of our guest rooms reflects the natural beauty and abundance of our area. Named after plants and fruits we grow in our gardens and on the vineyard, the rooms celebrate our connection to the land.

We have several different room options, from private suits, to double, triple, and our quad dorm rooms. Each space and layout has been thoughtfully designed to offer comfort and convenient touches.

Whether you like the community and connection of a shared space, or the peaceful privacy of your own room, you'll find options to ensure all guests feel at home. Each accommodation features:

- An En-Suite Bathroom | All new fittings including a modern walk-in shower, sink, and toilet, with natural toiletries, towels and storage.
- Colorful and Inviting Décor | Each room has its own personality, inspired by the vibrant hues of the gardens and surrounding landscapes.
- Antique Touches | From our handcrafted headboards to old-world accents, the rooms reflect the historical character of our 400-year-old Quinta while offering modern comforts.
- Modern Amenities | Each room enjoys heating and cooling AC units, thoughtful storage solutions, and quality bedding for a restful stay.



Laranja | Orange

Double Room

Overlooking the orange trees, this comfortable double room offers two single beds which can be configured as two singles or one king. Share a week away with a dear one or meet a new friend. Comfortably furnished with antique Indonesian wardrobe, unique hand painted accents and a private ensuite bathroom.



Two Guests



Two Single Beds
or One King



Ensuite
Bathroom



Garden &
Valley View



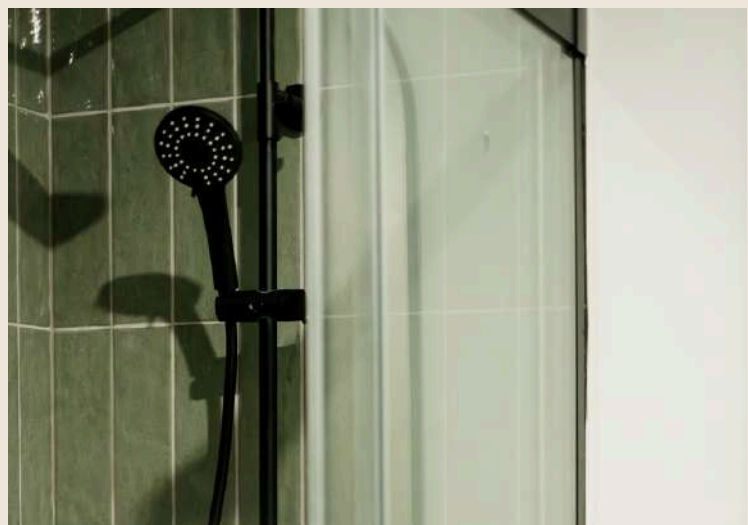
AC &
Heating



Early-bird Rate (*per person*) | €3600

Regular (*per person*) | €3800

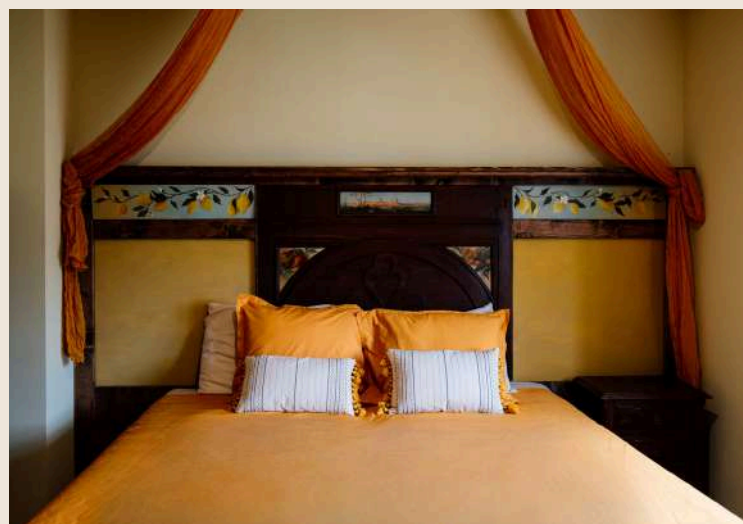
Book Now



Limão | *Lemon*

Double Room

Sitting closest to our lemon tree, this warm and sunny room hosts two guests in two single beds (or one king). This room has a unique ensuite bathroom, including an original window within the tiled shower. Furnished with golden tones and antique touches including a custom headboard and built-in dresser.



Two Guests



Two Single Beds
or One King



Ensuite
Bathroom



Garden &
Valley View



AC &
Heating

Early-bird Rate (*per person*) | €3600

Regular (*per person*) | €3800

Book Now



Shared Spaces | *Spacious Comfort for Three*

Fig | *Fig*

Triple Room

Our triple room offers a spacious shared accommodation, including two beds which can be configured into singles or a king, plus a third single bed tucked into a cozy nook beside the stone chimney. This room also benefits from a built in storage area and private ensuite bathroom.



Three Guests



3x Single Beds or
1x King & 1x Single



Ensuite
Bathroom



Fig Courtyard
& Vine View



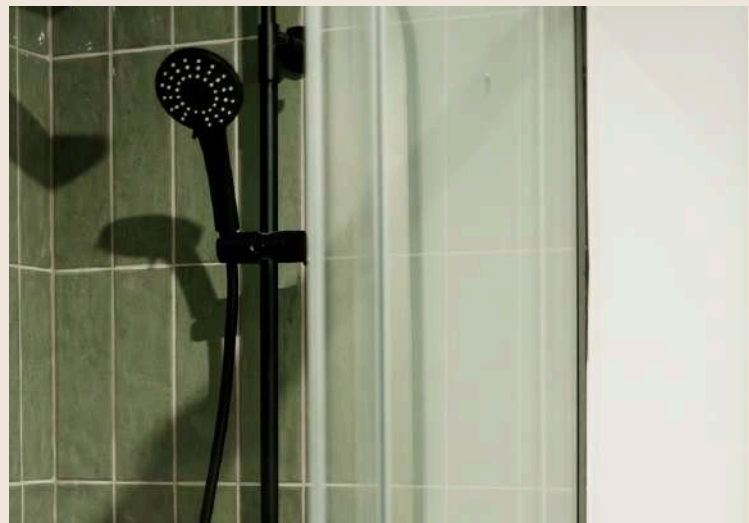
AC &
Heating



Early-bird Rate (*per person*) | €3400

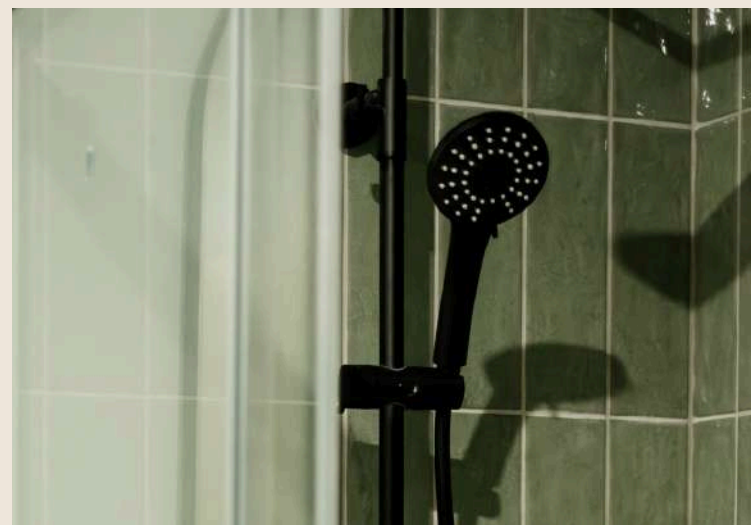
Regular (*per person*) | €3600

Book Now



Romã | *Pomegranate* Dorm Room

Our dorm hosts four guests in two comfy bunkbeds. Each bunk has been handcrafted and includes a partition for a little privacy, as well as their own reading light and charging port. Come with friends or make new connections. This room also features an ensuite bathroom, small sitting area, and plenty of intentional storage space for comfy communal living.



Four Guests



2x Bunkbeds



with Lights
& Charging Ports



Ensuite
Bathroom



Garden &
Valley View



AC &
Heating

Early-bird Rate (*per person*) | €3200

Regular (*per person*) | €3400

Book Now



Azeitona | *Olive*

Private Room

A private suite for guests who wish to restore within their own energy. The olive room features an antique green velvet double bed under the cozy pitched roof beams of our 400-year old house. Here you'll enjoy a private ensuite bathroom, window reading nook, and olive green accents complementing the trees beyond.



One Guest



Antique Double Bed



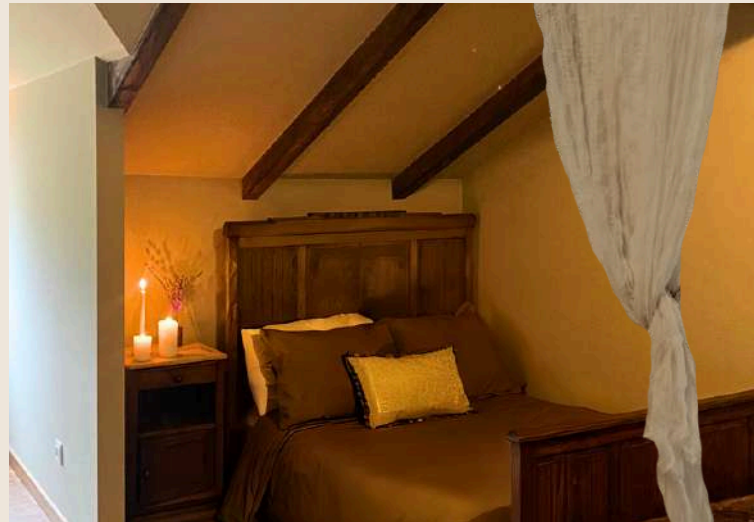
Ensuite
Bathroom



Fig Courtyard
& Vine View



AC &
Heating



Early-bird Rate (*per person*) | €4400

Regular (*per person*) | €4600

[Book Now](#)



Uva | *Grape*

Private Room

Another private option for guests who wish to enjoy their own company in the evenings. The grape room features an antique wooden double bed under the cozy pitched roof beams of our 400-year old house. Here you'll enjoy a private ensuite bathroom, window reading nook, and soft purple accents reflecting the vines in your view.



One Guest



Antique Double Bed



Ensuite
Bathroom

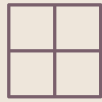


Fig Courtyard
& Vine View



AC &
Heating



Early-bird Rate (*per person*) | €4400

Regular (*per person*) | €4600

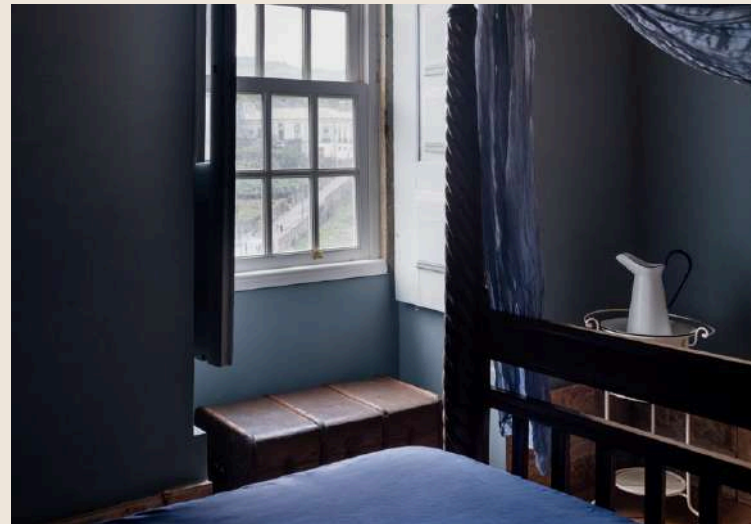
Book Now



Protea | *Flower*

Private Suite

Our beautiful rich blue protea room offers a romantic experience, including high ceilings and an antique four-poster double bed. The spacious ensuite includes a bespoke shower with a floral tile mural that scales towards the high waterfall shower. Situated on the first floor, you'll enjoy the privacy and luxury of your own special suite.



One or
Two Guests



Four-Poster
Double Bed



Ensuite with
Bespoke Shower



Garden &
Valley View



AC &
Heating

Early-bird Rate (*per person*) | €4800

Regular (*per person*) | €5000

Book Now



Casa Verde

The Green House

While only steps from the main house, our small cottage offers a peaceful secluded space surrounded by the garden and orange trees. This is the perfect accommodation for retreat hosts or may be available to guests as a deluxe option. This studio space includes an ensuite bathroom and well-equipped kitchenette.



One or Two Guests
Antique Double Bed



Fridge, Kettle, Airfryer,
Stovetop & Microwave



Ensuite
Bathroom



Garden &
Valley View



AC &
Heating



Early-bird Rate (*per person*) | €4800

Regular (*per person*) | €5000

Book Now





Mindful Meals

Nourishment

MINDFULLY SOURCED



We understand how nourishing, delicious food can elevate your experience during a 200-hour teacher training. Whenever possible, we source ingredients from our own gardens and orchards, ensuring our menus reflect the freshest, most vibrant flavors of the season. This approach allows us to serve meals that are wholesome, sustainable, and deeply satisfying.

Our menus are inspired by the rich culinary traditions of the Douro Valley, Northern Portugal, and the Mediterranean, with occasional flavors from other world cuisines. Meals include a thoughtful mix of buffet-style and beautifully plated dishes, ranging from hearty breakfasts to wholesome lunches and candlelit dinners. Each meal is designed to keep you energized and balanced throughout your training.

For our 200-hr Teacher Training, we offer a primarily vegetarian and plant-based menu. We are also happy to accommodate individual needs, including vegan and gluten-free requirements.

However, we also sometimes break from tradition, occasionally offering fish and meat for those who enjoy them and are used to these sources of protein. These will be grilled outside to keep our main cooking space separate and add a flavorful, rustic touch to the meals. With the physical demands of the course, it's important to us that our students are still getting the nutrients they are used to.

In advance of the retreat, we'll touch base regarding your unique needs (which you can also indicate in our booking form).



SAMPLE DAILY MENU

BREAKFAST

DAILY SMOOTHIE & SPECIALITY ITEM

One Sweet or Savoury Specialty:

Eg. Egg/tofu shakshuka ramakin

Or avocado toast bar, or flavoured overnight oats

+ OUR CONTINENTAL SPREAD

of local pastries, yogurts, granola, honey, fruits...

LUNCH

FRESH BREAD, HOMEMADE OLIVE OIL, & DIPS

+ FAMILY STYLE DAILY SPECIALS

A daily option of hearty salads, roasted vegetables, soup, or other themed main dishes

DINNER

ONE PLATED APPETIZER *Eg. Roasted pumpkin w yogurt, pomegranate, goats cheese/vegan feta*

ONE MAIN COURSE *Served Buffet or Family Style*
Eg. Homemade sweet potato & tofu gnocchi with kale, sundried tomatoes, and pesto

DESSERT

ONE PLATED MINI DESSERT

Eg. Chocolate avocado mousse or mini orange upside-down cakes



SIP & STAY REFRESHED

Keep hydrated during your say with included:

- *Fresh, sparkling and fruit-infused waters*
- *A daily smoothie or juice with breakfast*
- *Coffee and tea available throughout the day*

Although we are located in a renowned wine region, during our yoga teacher trainings we maintain an alcohol-free space.



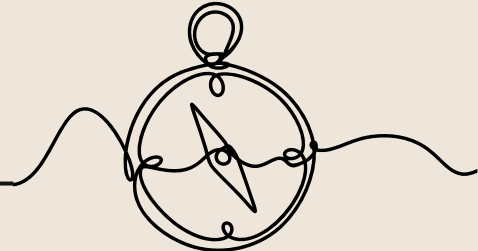


Travel Guide

& Local Area



TRAVEL GUIDE



While transfers to the retreat are not included, we're here to help you plan a smooth journey to The Source. As you may gather, our area is remote - there are no cafes or shops within walking distance from our home, but if there's anything you need we're here to help and there will be opportunities to pop into town. Given our remote location, we'll help ensure you make suitable arrangements. Please to share your arrival details, including dates, times, and flight numbers, and we'll do our best to support your travel arrangements.

- **Airport** | The closest airport is Porto (OPO, or Francisco Sá Carneiro Airport).
- **Train** | From there, many guests opt for the scenic train ride along the Douro River, which departs from Porto's São Bento or Campanhã stations. The faster train journey takes around 1-hour and 40-minutes to arrive to our nearest station, "Rede," - just a 10-minute drive from the house. Let us know your arrival time, and we can arrange for someone to pick you up from the station.
- **Car Rental** | Alternatively, renting a car is another great option for exploring the area at your own pace. Prices are reasonable, though it's worth checking with us for advice on trustworthy rental companies. By car, it takes around 1-hour 15 minutes to travel to the house.
- **Shuttle Transfers** | If you prefer, we can also assist with booking airport shuttles or help connect you with other guests traveling at similar times to share a transfer. Sharing a ride will lower the cost. Expect a 1-hour 15-minute journey by car.

Arrive & Ground

Check-in | Please plan to arrive at the Quinta between 12:00 - 2:30pm on Saturday, October 24th. Join us for welcome refreshments and take time to arrive, unpack, and rest in your new space. All students must be present for our welcome circle and orientation starting at 3:00pm.

Check-out | 11:00am - 12:00pm on Friday, October 24th, after our last morning practice and breakfast.





Location

The Source is located in the small village of Cidadelhe, named after the ancient ruins of a pre-Roman citadel that sits atop our hill. Today, the village is a quiet, rural community. You'll find a charming local church at its center, and while there are no shops or cafés within walking distance, you'll hear the cheerful sounds of bread and fish delivery vans that visit our village. We are conveniently situated between two main Douro Valley towns, Mesao Frio and Peso da Régua, and can arrange rides for guests who wish to explore. And our closest train station is only a five-minute drive down the hill at Rede.

Weather & Our Microclimate

The Douro has its own unique microclimate, shaped by the deep valleys and nearby mountain ridges. As the old adage says, stress creates good wine. The region's grapes benefit from variation, including cool, wet winters and hot, dry summers.

In October, we experience mild daytime temperatures (18°C to 24°C) and evenings begin to cool (10°C to 15°C) so layers are recommended. October often also marks the beginning of the wetter season, so occasional rain showers are common. It's wise to pack a light waterproof jacket or umbrella. However, we can still have many sunny days as the vines transform into shades of gold, red, and orange. It's a beautiful time for walks and enjoying the views of the valley.

Laundry and Housekeeping

Laundry facilities are available to guests on-site during your stay (wash and dry for €5 euros). Our shared spaces are cleaned daily and housekeeping services are provided weekly to tidy guest rooms, including a once weekly change of bedding and cleaning of bathrooms.

A recommended packing list and more thorough travel guide will be provided in June.



A close-up photograph of an olive branch with several green olives and silvery-green leaves. The image is slightly blurred and has a warm, muted color palette, serving as a background for the text.

FAQ's

& Fine Print



FAQ'S

I'm not the most flexible or I have an injury. Can I attend the course? Absolutely! Our training is designed to accommodate practitioners of all experiences and physical conditions. Our experienced instructors will provide modifications and adaptations to ensure a safe and inclusive learning environment.

I want to deepen my personal connection with yoga, but I'm not interested in teaching yoga professionally. Can I still join the 200-hour training? Certainly! Our program is open to individuals seeking personal growth and a deeper understanding of yoga, even if teaching professionally isn't your goal. The 200-hour training is a transformative journey that caters to both aspiring teachers and those on a personal exploration of yoga.

What styles of yoga will I be able to teach? Our comprehensive curriculum covers a variety of styles, including Hatha and Vinyāsa yoga. You'll gain the knowledge and skills to confidently teach these styles, allowing you the flexibility to adapt and personalize your classes.

I love yoga and want to teach, but I'm nervous... It's natural to feel a bit nervous, and our supportive environment is precisely designed to help you overcome those feelings. Our experienced instructors provide mentorship and guidance to boost your confidence and ensure a positive learning experience.



Can I attend if I'm traveling alone? Absolutely! Almost all teacher training participants come solo and find the retreat a great opportunity to meet like-minded individuals in a supportive environment.

Is transportation to the retreat included? Transportation is not included in the retreat fee. However, we can assist in organizing transfers from the nearest airport (OPO Porto) or train station (Rede). By car, we are a 1-hour and 15-minute drive from Porto airport. By train from the center of Porto the train to Rede takes around 1-hour and 40-minutes. Further details will be provided in our retreat info package.

Are meals included? What kind of food will be served? Yes, delicious vegetarian and plant-based meals are provided, using locally-sourced, organic ingredients when possible. We will sometimes also offer the option for fish or chicken depending on our guest preferences. Special dietary requirements can be accommodated—please inform us in advance if you have any allergies or preferences. Fresh, infused, and sparkling water is also included, plus juice with breakfast and coffee and tea throughout the day, but we do not serve wine or alcohol during trainings.

Do I need to bring my own yoga mat and props? What should I wear to the yoga sessions? Yoga mats, blocks, straps, and blankets will be provided. However, feel free to bring your own if you prefer using your personal mat. Wear comfortable, breathable clothing that allows freedom of movement. Layers are recommended, as temperatures may vary throughout the day.

What should I pack for the training? A full training guide and packing list will be provided for our guests. Pack comfortable yoga clothing, a swimsuit, a reusable water bottle, sun protection, casual clothes for free time, and any personal toiletries. A journal is also a great idea for reflection and intention-setting.

Will there be access to Wi-Fi? We encourage participants to unplug and enjoy our retreat's peaceful environment, but Wi-Fi will be available through most of the house if needed.

What activities are available during free time? During free time, you can explore the beautiful surroundings, take nature walks, swim, journal, or simply relax. Some retreats offer optional activities like massages, local excursions, or mindfulness workshops.



I want to join the course, but I'm currently facing financial constraints.

We understand financial considerations, and we offer various payment plans to make the training accessible. Reach out to us, and we'll explore options to support your journey.

What certification will I receive from this program?

Our training is accredited with the International Yoga Alliance as a registered 200-hour Yoga School. Upon successful completion of the program, you'll receive your RYT-200 designation, opening doors to teaching opportunities worldwide.

Will I be confident to teach at the completion of this program?

Absolutely! You will have all the tools and techniques to teach, plus the practical experience of guiding your peers and practicum teaching.

What next? Once I complete the program, will there be any continuing support? Yes! We offer ongoing support, mentorship, and resources to assist you in your post-training journey. Our commitment extends beyond the program, ensuring you feel supported and connected as you embark on your teaching path.



THE FINE PRINT

PAYMENT TERMS

Once we receive the booking we will get back to you with availability and an invoice to pay a deposit of 500€. The deposit is non-refundable. To pay your remaining balance, we offer two options:

(1) Payment in Full | Must be paid within 60-days of your original booking or at the latest 60-days before the start of the retreat/training.

(2) Payment Plan | We understand that our retreats and trainings are meaningful investments. If you're booking in advance we're happy to discuss a payment plan to support you. Please note that failure to comply with a payment plan may lead to losing your deposit and place and that all payments must be received prior to 60-days before the retreat/training. Please feel free to reach out to explore options.

Payment Methods | Payment may be made by bank transfer in EURO, GBP, USD or CAD. We may also offer the option to pay via debit or credit card through a secure invoice link. Please note that in this case, a 2.9% surcharge will apply to cover processing fees.

PRE-REQUISITES FOR ENROLLMENT

- A minimum of one year of practice in Hatha or Vinyasa yoga. (For those with less experience, let's book a call to discuss if our program is right for you)
- Experience and proficiency in Hatha and Vinyasa Yoga styles.
- Effective communication skills in English. (We appreciate for many students, English may be your second language and that you may typically teach in other languages. But please note that for the duration of our program, you will be required to communicate and teach practices in English).
- Mandatory reading assignments and preparatory work to be completed prior to our first day of in-person training.

NOT INCLUDED

- Transportation to/from the retreat.
- Any on-site massage services and extra activities (not included in the course)
- Any off-site activities or meals on days off (food, drinks, shopping if you decide to leave the retreat on rest days)
- Any additional beverages not included in your training package, payable by cash at check out



ATTENDANCE

Graduation from our program requires the student's full attendance. We are compassionate that life holds unforeseen circumstances, so our program allows for a maximum of 10 hours (in-person or online) because our full curriculum contains over 210 hours. Students are expected to arrive on time for daily sessions. Any pattern of unapproved absences or excessive lateness is unacceptable and may result in dismissal from the program without a refund.

CERTIFICATION

Our training has been approved and registered as a 200-hr Yoga School with the Yoga Alliance. Upon successful completion, our teachers can choose to register as a 200-RYT® (Registered Yoga Teacher) and continue their teaching and studies with this acknowledgment. To graduate from the course and receive certification, students are required to:

- Adhere to our attendance policy and attend the full in-person immersion
- Complete all assignments and assessments to a high standard, including student workbooks, two written exams, and two teaching practicums
- Complete our online modules by Dec 31st, 2025

CANCELLATION

Cancellation more than 60-days before the Retreat/Training | No deposit refund. However, if we (or you) manage to find someone to fill your spot, the €500 deposit may be transferable towards a future retreat or training within 2 years subject to availability.

Cancellation less than 60-days before the Retreat/Training | No refund of either the deposit or any other of the amounts paid (whether by payment plan or paid in full). However, if we (or you) manage to find someone to fill your spot you can choose either (A) a refund, minus the deposit, or (B) the full value as credit towards a future retreat or training within 2 years subject to availability.

Other Cancellation | Please see our **[full terms and conditions and cancellation policies here.](#)**

Animals | Please read [about our retreat center](#) and understand that while animals are not allowed in guest rooms, our dog and cats may be present inside the house and on the retreat grounds.





Start your
journey today

Click here to apply

Application Process

To apply for our 200-hour Teacher Training, please begin by filling out our [200-hr application form](#). Please note that this form does not confirm your complete registration, but it is the first step on your path.

If you have any further questions, you can also book an optional call with one of our teacher trainers. This is a great opportunity to connect if you're interested in our program.

If accepted into the training, we will be in touch to confirm and discuss your room preference and rate request. We can also discuss a personal payment plan that works for you. You will then have one week to pay or transfer your booking deposit (€500). Upon receiving your deposit, we will confirm your successful registration in the course.



1

Complete Your Application Form

Your first step is filling out our YTT Application form: [Click here to begin applying for our Portugal YTT.](#)



2

(Optional) Book A Call

Have more questions? Book a call with one of our Teacher Trainer, Eva, to pose any remaining questions. We would love to get to know you and your intentions.



3

Pay Your Deposit

If accepted into the training, you will then receive an invoice to pay your booking deposit. Once your deposit is received, your space is officially reserved in the program.



Why go to the Source?

1. **Comprehensive Curriculum and Certification in Two Styles** | Our course content provides a broad and balanced approach to yoga, staying close to the philosophical roots of yoga, while preparing our teachers for the practicalities of guiding practice in the modern world. And you'll receive Yoga Alliance accredited certification in the two most popular styles of practice - Haṭha and Vinyāsa.
2. **Amazing Manuals** | Our teacher training manuals are incredible resources that will support your practice and teaching for years to come. A standard YTT manual is around 100 pages. In our training, you'll receive multiple volumes and workbooks encompassing over 600 pages of self-written material covering all aspects of yoga theory and practice.
3. **Skilled & Experienced Teachers** | Our Lead Trainer Eva has over sixteen years of dedicated yoga study and teaching experience. She has facilitated over twenty different international teacher trainings. Each training is also supported by dedicated faculty and industry experts with extensive yoga experience.
4. **Immersive In-Person Education** | We believe that nothing replaces learning together - moving, breathing bodies - **Practical Teaching Experience:** Gain hands-on teaching experience throughout the program, ensuring you are ready to lead with confidence.
5. **Online Continuous Study Container** | Alongside our in-studio modules, you'll receive access to specialized lectures with expert teachers and a curated collection of online classes. These are additional resources you can reference at any time to support your future teaching.
6. **Small Class Sizes** | We keep our training small (10-16 students), so you'll benefit from personalized attention, a supportive learning environment, one-on-one feedback, and ongoing mentorship.
7. **A Live-in Experience at our Beautiful Historic Quinta** | A rich and rustic setting to practice, study, and enjoy precious moments. Enjoy daily walks through the natural beauty of the valley and relax within the historical charm of the house. All your daily meals and needs will be looked after - so you can just delve deeper into your yoga practice and studies.





More Questions?

Connect with Source

New to our community? Or seeking a little more clarity before committing? Let's connect ♡

Send us a wee message or book a conversation to resonate with one of our teacher trainers.

We would love to learn more about you and what you're looking for in a teacher training.

This is a space for you to pose any remaining questions and feel into your alignment with our program.

LET'S DO IT!



sourceytt@
gmail.com





About this Guide

The information in this document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the guest/client(s) (the client) and the retreat owners (operator). The information featured is correct at time of printing.

Occasionally our information packet changes as we make improvements that stem from the feedback of our hosts, comments from our guests, and our own experiences. Sometimes it can be a small change like adding an extra option or an updated activity price, which we will sometimes alter for the coming year. Ultimately, our goal is to provide you with the most rewarding experience.

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About *the* SOURCE

Connect to Source

Immerse yourself in the historical origins and deeper intentions of yoga, alongside the deep intelligence contained within your body

In-Depth Resources

Our students receive an extensive collection of our self-written textbooks and resources - over 600 pages to support your study

Find Your Source

Our programs are powerful spaces for self-reflection and transformation, where you'll find your own voice as a teacher

Become the Source

Teach with confidence and clarity, becoming a wellspring of knowledge and empowerment sharing yoga with your community

