

MANU  
School of Yoga • Precision & Flow

IMMERSION  
&  
TEACHER TRAINING  
200 hours

with Manel Rodrigues

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PORTUGAL 2025

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# POINTS TO CONSIDER

*BEFORE IMMERSING YOURSELF IN THE STUDY OF YOGA, TAKE A MOMENT TO SIT QUIETLY, BREATHE, AND SETTLE IN. LET SINCERITY, CLARITY, AND WISDOM GUIDE YOUR CHOICES AS YOU CONNECT WITH YOUR **SANKALPA** (ROOT INTENTION)*

## CONTEMPLATE:

WHAT IS YOGA TO YOU?

LOOK INTO YOUR PRACTICE FIRST AND CONTEMPLATE: WHERE IS IT SO FAR, AND WHERE ARE YOU WILLING TO TAKE IT? HOW COMMITTED AND DISCIPLINED ARE YOU?

WHAT IS EXACTLY YOUR INTENTION BY TAKING THIS TRAINING? AND WHAT DO YOU WANT FROM IT, WHAT IMPACT WILL IT HAVE IN YOUR LIFE?

DO YOU JUST WANT TO DEEPEN YOUR KNOWLEDGE OF YOGA OR YOU JUST WANT TO LEARN HOW TO TEACH YOGA? OR BOTH?

WHAT KIND OF RESPONSIBILITY DOES IT INVOLVE?

IF YOU ARE LOOKING TO TEACH YOGA, IS IT A CAREER CHOICE OR A CALLING?

# IMMERSION

An Immersion is a key step to start shaping a path that can change not only your Yoga practice, but also change your lifestyle, values and the way you see life. Yoga is a powerful tool that we can use anywhere at anytime.

To immerse deeply into Yoga can be transformational in the physical, energetic, mind and spiritual realm. The wide variety of tools that Yoga offers, are extremely useful in in so many ways. Therefore know that an immersion can be truly intense and powerful.

## **Immersion Pre-requisites:**

**6 moths to 1 year of yoga practice minimum. We recommend that you take a class with Manel Rodrigues to understand his method and get to know him. Immersion is required for Teacher Training completion.**

# TEACHER TRAINING

After the immersion, the next step to deepen the knowledge of yoga is the teacher training. This segment of the training can have two ends: to deepen your personal practice or/ and to become a yoga teacher.

Either way, the main propose of this training should always be to study Yoga, absorbing the knowledge and insights offered, to have a greater practice and gaining tools to keep diving in, and going deeper. Becoming a teacher should be a natural calling, not just a career choice, as it requires significant responsibility and dedication due to its profound impact on students.

## **Teacher Training pre-requisites:**

**1-2 years of yoga practice minimum. We recommend that you take class with Manel Rodrigues and if any doubts don ´t hesitate to ask. Immersion is required for Teacher Training completion.**

ABOUT

# MANEL RODRIGUES

Manel Rodrigues brings over 25 years of dedication to yoga, practicing since 1998 and teaching intensively since 2005. He studied Yoga fiercely in United States of America and created a strong career as a yoga teacher. Manel has studied with numerous world top teachers. He was in the right place, in the right time always, giving him a unique opportunity to be close to his teachers from the yoga practice level, to the personal level. With 10 yoga teacher trainings (7 as a student, 3 as an assistant) and countless workshops. Also has a deep experience of assisting his teachers in different settings. Manel Lives in Portugal now where he teaches various public classes, workshops and trainings. Also he travels to different places in Europe and beyond to teach mainly workshops, trainings and specific classes.

Known for his passionate, genuine dedication to the practice, Manel's teaching style challenges students to reach their edge with a strong sense of safety and integration.

He is a highly technical asana teacher, yet he uses this expertise to create a space for something deeper.

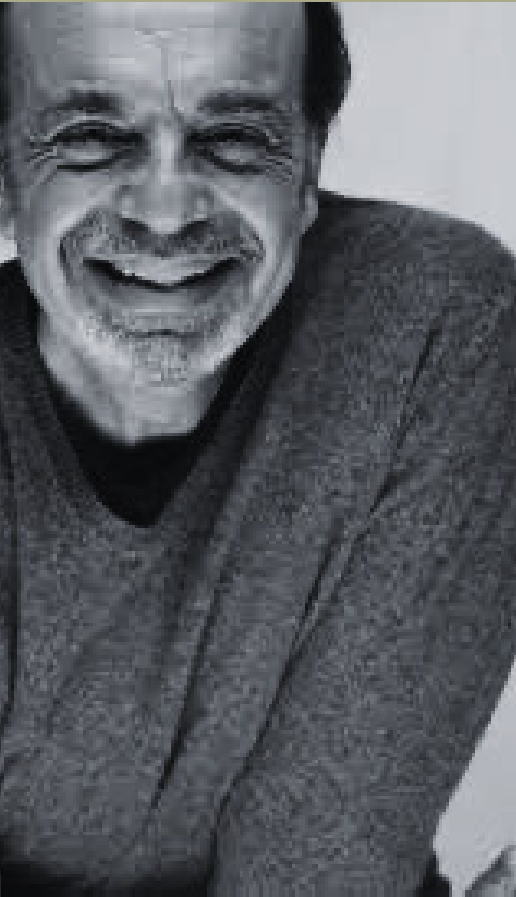


Manel believes that each person has unique abilities and authentic power. By honoring this uniqueness, he fosters a supportive, secure environment where students can grow.

Expect a demanding training. Manel's philosophy emphasizes that true empowerment requires dedicated effort, but with the combination of personal commitment and group effort, a lot is possible. Therefore our higher potential, is the spirit...

## **What is Manel Rodrigues lineage?**

Manel started yoga in the style of Sivananda when he was younger. However Ashtanga Yoga was very influential to his love and dedication of the practice. Later on he dove deep into Anusara yoga and at the same time Acroyoga. Although Manel always liked to explore different styles of Yoga, Anusara was definitely the most influential in his teachings. The most influential teachers were: Sianna Sherman, Jonh Friend, Michael Fukumura, Jason Nemmer among many others.



## Andrea Boni

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### MEDITATION AND PHILOSOPHY

Andrea Boni is an Anusara®Yoga Certified teacher. A dedicated meditator for over thirty years, he passionately teaches meditation throughout Italy and internationally to people of all levels. Through his intimate contact with the internal realm he engages with his students and the world powerfully, effectively and with great love. Additionally, Andrea has extensive knowledge of both sacred scriptures and the human body allowing him to guide students into an experience of meditation that is accessible, dynamic and profound.

[www.andreaboni.it](http://www.andreaboni.it)

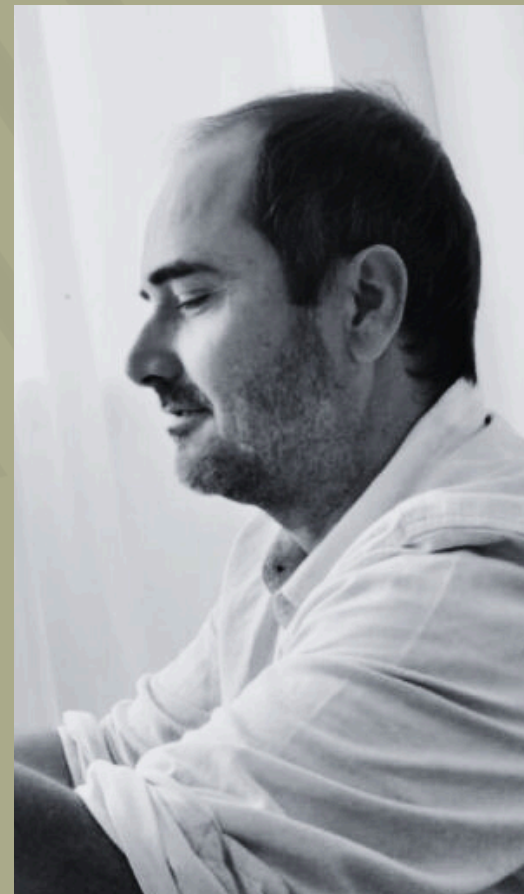
## David Ferreira

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### AYURVEDA

Came back from Japan in 2008, where he lived for three and half years and where he also studied Japanese therapies with Vedic origin. He took several ayurvedic courses in India (where he spent near two years) and in Portugal (Ayurvedic therapies, Panchakarma, massage, etc.). In Thailand he studied Thai massage. In Mexico he took the first steps in Mayan medicine, that shares Ayurveda's principles. At present he works as an Ayurveda consultant and certified trainer with comprehensive courses, participates in several events related to Ayurveda and creates therapeutic programs based on this millenary medicine.

<http://www.terapiayurveda.com>



IMMERSION + TEACHER TRAINING

# PROGRAM



ASANA

PRANAYAMA

ANATOMY

TANTRIC  
PHILOSOPHY

MUDRAS

MANTRA

MEDITATION

ADJUSTMENTS

SELF-INQUIRY

LIFE STYLE

YOGA  
THERAPEUTICS

TEACHING  
METHODOLOGY

SANSKRIT

CHAKRA  
AWARENESS

YOGA BUSINESS

TEACHING

AYURVEDA

YOUR PRACTICE

# THE TRAINING



## **YOGA ALLIANCE ACCREDITATION**

Yoga Alliance is the most known governing organization to oversee, committed to strengthening and upholding the highest ethical standards in yoga instruction to pursue progress towards a more equitable and harmonious community, and approve the yoga programs around the world. When finalizing this training with all the hours and requirements, a certification of 200h Yoga Alliance will be obtained.

## **WHAT STYLE WILL BE THOUGHT IN THIS TRAINING?**

Hatha Yoga with a strong alignment and biomechanics foundation with a balanced flow. The Tantric philosophy will be the main philosophy that will be implemented in the teachings. Also a modern and cutting edge approach of all the techniques to honor the main tendencies of the western society that cause imbalance. Moreover a strong comprehension of teaching skills that are pedagogic, voicing that is clear and accessible, and intelligent sequencing and structure. All this will allow teaching to be not only effective, but also efficient.

## **WHAT IS THE CERTIFICATION PROCESS? (TEACHERS TRAINING MATERIAL)**

Students have to be present all the mandatory hours. Also the final exam completed and approved. The final exam will be oral, practical and written.

## **CAN I USE THIS 200H TRAINING TO ADD INTO A 300H SO I CAN APPLY FOR 500H CERTIFICATION IN YOGA ALLIANCE?**

Yes you can.

## **IF THE INTENTION IS TO BECOME A TEACHER, WHAT WILL I BE READY TO TEACH?**

This training is designed to prepare you to teach level 1-2 hatha yoga class. Everyone has a different process and ability to teach. The training is a great platform to start the process as a teacher, but every student has the responsibility to keep studying and developing their practice skills as well as teaching skills.

## **CAN I TAKE THE IMMERSION AND USE THE CREDITS FURTHERMORE TO USE IN ANOTHER TRAINING?**

Yes, you have one year to apply the credits from the immersion toward completing the teacher training. Please note that this applies only within this program and not with other yoga schools, unless there is a special agreement.



## **DATES AND HOURS**

IMMERSION – 72 HOURS

5th April – 13th April

TEACHERS TRAINING – 108 HOURS

1st Module – 54 hours

9th September – 14th September

2nd Module – 54 hours

2nd December – 7th December

NON-CONTACT – 20 HOURS

## **LOCATION**

**Casa Holstein**

Rua/Travessa São Sebastião, 3, 2710-592 Sintra

\*This venue may change depending on the number of participants.



# PRICES, PAYMENTS AND CONDITIONS

## IMMERSION + TEACHER TRAINING

**Regular Price:** €2,200 (Full payment due by March 4th)  
**Early Bird Price:** €1,950 (Full payment due by January 5th)

**Installment Plan:**

First Payment: €900 by March 4th  
Second Payment: €750 by July 31st  
Third Payment: €750 by October 10th

## IMMERSION ONLY

**Regular Price:** €890 (Full payment due by March 4th)  
**Early Bird Price:** €790 (Full payment due by January 5th)

**Installment Plan:**

First Payment: €475 by February 5th  
Second Payment: €475 by March 4th

## TEACHER TRAINING ONLY

**Regular Price:** €1,410 (Full payment due by September 1st)

**Installment Plan:**

First Payment: €800 by July 31st  
Second Payment: €675 by October 10th

Prices without VAT

# PAYMENT POLICY

If you've been accepted into the course, you will receive a confirmation email from us along with payment details to complete your registration. Your place will be reserved as soon as you initiate your chosen payment plan.

## **Cancellation Policy**


- 60–90 days before the course starts: 40% of the fee is non-refundable.
- 30–59 days before the course starts: 50% of the fee is non-refundable.
- 7–29 days before the course starts: 75% of the fee is non-refundable.
- 1–6 days before the course starts: 90% of the fee is non-refundable.
- After the course has started: 100% of the fee is non-refundable.

We understand that unforeseen circumstances can arise. While we are committed to working with sincere students, having these policies in place helps foster commitment and accountability, creating a clear agreement between students and the school. This approach discourages disruptions to the training process, supporting a positive learning environment that aligns with the essence of yoga - encouraging growth, discipline, and inner strength.



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Lucy Crook

*"I couldn't recommend Manel's immersion highly enough. When you commit to a teachers training there's a lot of unknowns –It's a big investment personally and financially and you want to ensure you find the right teacher. We are all very lucky to have found Manel. He has been a wonderful mentor – inspiring, encouraging, meticulous and also a lot of fun."*




•••  
Francisco Fezas Vital

*"Do this experience no matter what, this was very especial, for sure you will grow and learn more about you. Everything was on the right place at the right time.*


*The teachings were power, full of strong technique/alignement and everything was very well grounded with very good energy.*

*For me was a real immersion, an amazing long moment, an upgrade for life."*



•••  
Stephanie Albert

*"I loved every second of the immersion with Manel and would do it again straightaway. Manel is a great and inspiring personality and teacher. He learned me a lot about my body by showing the right alignment in yoga. Moreover, I got new insights in the yoga philosophy by listening to his beautiful and easily understandable stories of all the yoga gods. I went back home to Switzerland with a lot of inspiration for my yoga practice, priceless experience and heart touching moments."*



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