

# YOGA TRAINING

PORTUGAL 2027

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200 HOURS  
*with Mannu Rodrigues*

**MANU**  
School of Yoga • Precision & Flow





# BEFORE YOU BEGIN



***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?



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



WHAT KIND OF RESPONSIBILITY DOES IT INVOLVE?



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?



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



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







# A JOURNEY INWARD. A PATH THAT LASTS FOREVER

Yoga is a versatile, powerful practice accessible anywhere, at any time. It sparks a profound transformation across your physical, energetic, mental, and spiritual realms. Through its rich diversity of tools, Yoga unfolds as a truly intense and life-changing journey



A TRULY UNIQUE &  
HIGH-IMPACT  
METHODOLOGY



DEEPEN YOUR  
KNOWLEDGE AND ELEVATE  
YOUR YOGA PRACTICE



A TRANSFORMATIVE  
LIFE EXPERIENCE

# THE 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        |



ABOUT

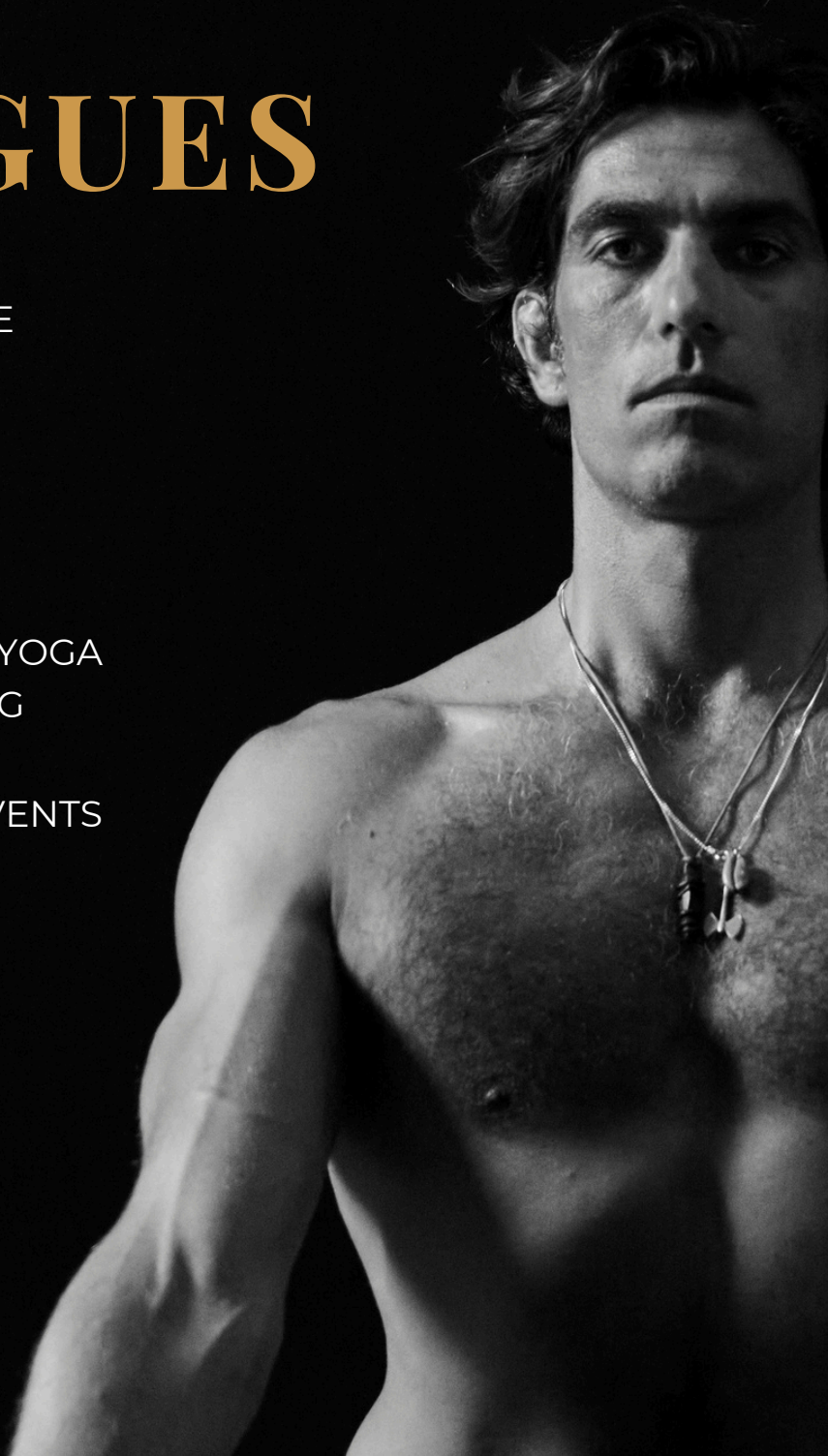
# MANU RODRIGUES

25+ YEARS OF PRACTICE  
since 1998

20+ YEARS TEACHING  
since 2005

10 MANU SCHOOL OF YOGA  
TEACHERS TRAINING

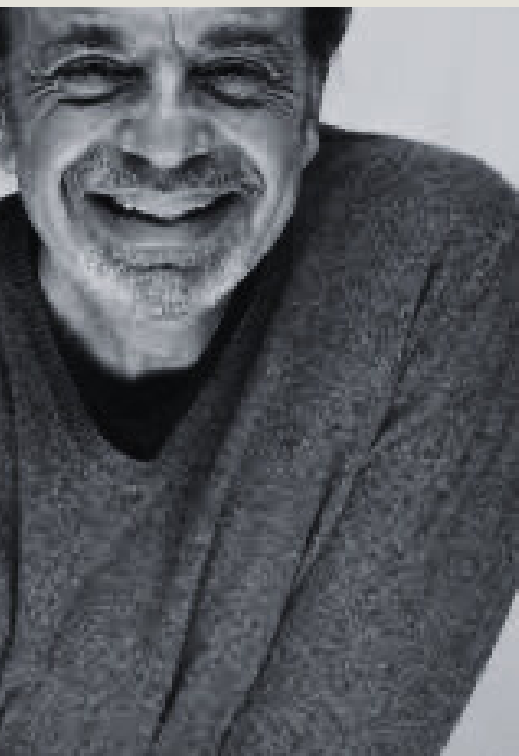
15+ INTERNATIONAL EVENTS  
AND FESTIVALS



Known for his passionate and genuine dedication to the practice, Manel draws from decades of study with world-class teachers to offer a highly technical yet deeply spiritual experience. His unique style challenges students to reach their edge while maintaining a profound sense of safety, integration, and personal empowerment.



## GUEST TEACHERS



### Andrea Boni

#### MEDITATION AND PHILOSOPHY

Andrea Boni is a certified Anusara® Yoga teacher who has dedicated over forty years to meditation. Teaching globally to students of all levels, he makes meditation an accessible, dynamic, and profound experience. His teachings seamlessly blend a deep knowledge of sacred scriptures and human anatomy with a powerful, heart-centered presence.

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

### David Ferreira

#### AYURVEDA

After living in Japan for three and a half years studying Vedic-based therapies, he returned in 2008 to deepen his expertise. He spent nearly two years training in India and Portugal, specializing in Ayurvedic therapies, massage, and Panchakarma. His global training also includes Thai massage in Thailand and traditional Mayan medicine in Mexico. Today, he works as an Ayurveda consultant and certified trainer, designing comprehensive courses, clinical therapeutic programs, and speaking at key industry events.



<http://www.terapiayurveda.com>

# IMMERSION

An Immersion is a key step toward shaping a path that can transform your Yoga practice, your lifestyle, your values, and your overall worldview. Yoga is a powerful tool available to us anywhere, at any time. Diving deep into this practice can bring profound transformation across physical, energetic, mental, and spiritual realms. Because Yoga offers such a wide variety of versatile tools, this journey can be deeply intense and powerful.

## IMMERSION PRE-REQUISITES:



- **Experience:** A minimum of 6 months to 1 year of consistent yoga practice.
- **Requirement:** Completion of the Immersion module is required to finish the Teacher Training.
- **Recommendation:** We recommend taking a class with Manel Rodrigues to understand his unique method and get to know him.

# DURGA & KALI MODULES

Following the Immersion, the Teacher Training is the next step to deepen your knowledge of Yoga. This segment of the program serves a dual purpose: to elevate your personal practice, to guide you toward becoming a teacher, or both. Ultimately, the primary goal of this training is to study Yoga deeply, absorbing insights that refine your practice and providing tools for continuous growth. Becoming a teacher should feel like a natural calling rather than just a career choice, as the profound impact on students requires immense dedication and responsibility.

## TEACHER TRAINING PRE-REQUISITES:

- **Experience:** A minimum of 1–2 years of consistent yoga practice.
- **Immersion:** Completion of the Immersion module is required for Teacher Training graduation.
- **Recommendation:** We highly recommend taking a class with Manel Rodrigues. If you have any questions, please do not hesitate to ask.





# DATES & HOURS

**IMMERSION**

**24 April – 2 May**

**DURGA  
MODULE**

**5 - 10 October**

**KALI  
MODULE**

**7 - 12 December**



**8:00 - 19:00**  
(Usually everyday)



**LOCATION:**

**SINTRA, Portugal**

\*Venue to be confirmed

TRANSFORM YOUR  
PRACTICE

DEEPEN YOUR  
KNOWLEDGE

JOIN AN INTERNATIONAL  
YOGA COMMUNITY

THIS IS YOUR TIME.  
HONOR IT.

# INVESTMENT

## COMPLETE 200H

### EARLY BIRD

€1950

Full payment upon  
registration

### REGULAR PRICE

€2200

Full payment upon  
registration

### INSTALLMENT PLAN

€2400

- ✓ €900 upon registration
- ✓ €750 by 31 July, 2027
- ✓ €750 by 10 October, 2027

## IMMERSION ONLY

### EARLY BIRD

€790

Full payment upon  
registration

### REGULAR PRICE

€890

Full payment upon  
registration

### INSTALLMENT PLAN

€950

- ✓ €475 upon registration
- ✓ €475 by 04 March, 2027

## DURGA & KALI MODULES

### REGULAR PRICE

€1410

Full payment upon  
registration

### INSTALLMENT PLAN

€1475

- ✓ €800 upon registration
- ✓ €675 by 10 October, 2027

Prices without VAT  
Food and accommodation are not included



# PAYMENT POLICY

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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.

# 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 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.

## FREQUENTLY ASKED QUESTIONS

### WHAT STYLE WILL BE TAUGHT IN THIS TRAINING?

Hatha Yoga specializing in a balanced flow grounded in strong alignment and biomechanics. Grounded in Tantric philosophy, the teachings utilize a modern, cutting-edge approach to directly counter the common physical and mental imbalances of Western society. Driven by advanced pedagogical skills, clear voicing, and intelligent sequencing to deliver highly effective and efficient student outcomes.

### 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.



# TESTIMONIALS

Our graduates carry more than knowledge. They carry confidence, clarity and a deep connection to themselves and others.



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*“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 – inspiring, encouraging, meticulous and also a lot of fun.”*

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*“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.”*

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*“Manel is a great and inspiring personality and teacher. 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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*“Being part of this Immersion was unique and also very emotional experience for me. I learned a lot, especially thanks to the “Morning practice” and the “Overall Teachings” Lessons of Manel who was excellent, knowledgeable, well prepared and thorough teacher.”*

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*“It was such a beautiful time you made possible. I like the way you teach and interact with the students. Your authentic, funny and honest way of teaching made me feel very comfortable. Just keep on doing this good stuff! I’m so happy that I was a part of this wonderful group. It was beautiful just the way it was.”*

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*“This training provided invaluable training on the methodology of teaching itself--deep insights valuable not just for yoga but for teachers of any kind.  
Even as an experienced teacher, I learned things I had never even considered before.”*



YOUR JOURNEY

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# THIS IS YOUR TIME

Yoga is not just something you do.  
It's something you become.

WE WOULD BE HONORED TO WALK THIS PATH WITH YOU.



**See you on the mat.**