

2026 YOGA TEACHER TRAINING PROGRAMS



COSTA DULCE
NOURISH YOUR NATURE

PROGRAM SCHEDULE

A stackable program schedule....

JULY 17 - 25

100 Hour Meditation + Breathwork with Rakshita

JULY 25 - AUGUST 8

200 Hour YTT with Chel

AUGUST 8-14

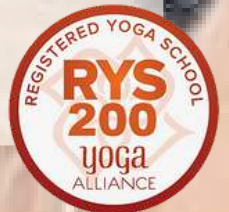
Reiki Level 1 & 2 Training with Chel

AUGUST 14-22

100 Hour Meditation + Breathwork with Vajra

AUGUST 22 - SEPTEMBER 5

200 Hour YTT with Kranti



WHY A YTT?

A yoga teacher training can be one of the—if not THE - most life-changing experiences on your path.

Yogic knowledge can be translated into heart-opening tools of self-empowerment that can help you restore balance in all aspects of your life through the guidance of your Spirit or true Self. Costa Dulce is the perfect place to retreat into -your own true- nature and break free from (self-imposed) restrictions. It's a place to re-open your eyes and heart to the magic of this human life.

At our yoga training, we build a sustainable foundation of self-awareness & - reliance, empowerment and compassion so you can practice, study, and teach with confidence after graduation.

YOGA TEACHER FOUNDATIONS

HATHA / VINYASA YOGA & THE 8-FOLD PATH

We focus on intelligent alignment-based sequencing to support physical and mental health while exploring the anatomy of postures for self-healing. Through meditation and pranayama, you'll learn techniques that deepen your practice, with an emphasis on understanding their effects through direct experience.

A SMALL-GROUP EXPERIENCE

A maximum of 15 students allows us a safe space in which to connect authentically so we can learn, grow, use our voice, and practice teaching with abundant support.

YOGA ALLIANCE REGISTERED SCHOOL (RYS)

As a RYS, programs follow the Yoga Alliance guidelines for curriculum. For example, a 200 Hour YTT will include a minimum of 100Hrs on Techniques/Training/Practice, 25Hrs on Teaching Methodology, 20Hrs Anatomy/Physiology, 30Hrs Yoga Philosophy/Lifestyle/Ethics, and 10Hrs Practicum Teaching/Feedback.

Programs fulfill any elective hours with workshops to enrich personal development throughout your shared time.

TEACHING CERTIFICATION

To receive your certification, your understanding and teaching competence will be assessed through a final exam and practicum teaching to ensure you feel confident to practice and teach and otherwise use your voice and understanding of yoga in an informed and empowered way.



A DAY IN TRAINING

6:00am - 9:00am

Morning silence

6:30am - 7:30am

Sauna/Cold Plunge available

7:30am - 9:00am

Pranayama, asana, meditation

9:00am - 10:00am

Breakfast

10:00am - 12:00pm

Theory workshop

12:00pm - 1:00pm

Asana workshop

1:00pm - 2:30pm

Lunch

2:30pm - 5:30pm

Theory workshop

5:30pm - 7:30pm

Sunset + Dinner Break

7:30pm - 8:30pm

Evening Class

YOUR TEACHING TEAM

RAKSHITA

Meditation & Breathwork: July 17 - 25



Rakshita is a Yoga, Prāṇāyāma, Meditation, and Somatic Breathwork teacher who bridges ancient yogic wisdom with modern science to create practical and transformative practices. Born and raised in India, she learned traditional techniques from her grandmother and now guides students to use breath for healing, self-awareness, and nervous system balance. After a decade at Google, she followed her calling into wellness, sharing the profound connection between mindful movement, breath, and stillness.

The 100-Hour Pranayama, Breathwork & Meditation Teacher Training at Costa Dulce is a 10-day immersion exploring the Inner Limbs of Yoga—from breathwork to enlightenment. Moving beyond physical āsana, it focuses on Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, and Samādhi. You'll master over 50 breathwork techniques, study the science of the nervous system and meditation, and learn to guide diverse meditative practices rooted in yogic philosophy and neuroscience. With emphasis on authentic embodiment and the art of holding space, this training empowers you to lead transformative breath and meditation experiences with confidence and depth.

YOUR TEACHING TEAM

CHEL

200 Hr YTT: July 25 - August 8 | Reiki 1 & 2: August 8-12



Chel is a 500-hour certified yoga and meditation teacher, Reiki Master, and sound healer who has been teaching since 2013. A former marketing executive turned minimalist, she has studied extensively in Ayurveda, Kriya Yoga, and mindfulness, traveling the world to deepen her practice and volunteer. Based in Sayulita since 2017, she teaches Haṭha, Vinyasa, Gentle, and Power Yoga, blending energy work and meditation to help others find joy, balance, and transformation.

This 200-hour hybrid yoga teacher training combines 150 in-person hours over 13 days at Costa Dulce with 50 hours of self-paced online study completed beforehand. The immersion includes daily practice in āsana, prāṇāyāma, meditation, anatomy, Ayurveda, chakras, yoga philosophy, Sanskrit, sound healing, and professional development. Designed for those ready to deepen their practice or become certified teachers, the program welcomes all levels and emphasizes holistic living, self-inquiry, and spiritual growth. Students should be prepared for full days of study, commit to both online and in-person components, and approach the training with openness, dedication, and a clean, balanced lifestyle.

YOUR TEACHING TEAM

VAJRA

Meditation & Breathwork: August 14-22



Vajra brings 25 years of dedicated yoga and meditation practice, including five years as a renunciant monk in a traditional ashram. Centered on breathwork and meditation as gateways to stillness, clarity, and resilience, she weaves these tools into Haṭha-Vinyāsa, Yin, and Restorative yoga to foster nervous system balance and holistic well-being. Her grounded, heart-centered teaching draws from deep personal experience and timeless wisdom, offering an integrated path of inner transformation.

The Still Point Meditation & Breathwork Teacher Training is a 100-hour immersive program for yoga teachers, coaches, healers, therapists, and sincere seekers ready to deepen their practice and learn to guide others with confidence. Grounded in science and enriched by yogic wisdom, it offers tools for nervous system regulation, emotional balance, and expanded awareness through embodied experience. Participants explore meditation, breathwork, applied neuroscience, self-inquiry, teaching presence, and the art of holding space, supported by restorative and contemplative practices. This retreat-style training blends knowledge, intuition, and direct experience—an invitation to slow down, listen deeply, and transform from within.

YOUR TEACHING TEAM

KRANTI

200 Hr YTT: August 22 - September 5



Kranti, an Indian yoga teacher with over 24 years of global experience, blends the authentic wisdom of Haṭha, Iyengar, Vinyasa, Yin, Prāṇāyāma, Tantra, and Yoga Therapy into a grounded, transformative approach. She has led over 20 teacher trainings and numerous retreats worldwide, sharing yoga's depth with individuals and organizations alike.

Join Kranti for an immersive 200-hour Hatha Yoga Teacher Training.

This devoted teacher offers a rare opportunity to study with a seasoned practitioner who has shared yoga worldwide. This Yoga Alliance-certified program provides a comprehensive foundation in philosophy, āsana, alignment, anatomy, and teaching methodology—guiding you through a life-changing journey that will empower you to share the wisdom of yoga with others.

YOUR INVESTMENT

ALL PROGRAMS INCLUDE THE FOLLOWING:

- tuition & certification
- accommodation & food
- access to all Costa Dulce facilities and services
- access to weekly activities (1 each)
- choose: (1) 60 min massage OR (5) sauna/cold plunge sessions

100 HOUR MEDITATION & BREATHWORK PROGRAM

(50+ Hours CEUs)

Tuition: \$1000, Total Pricing begins at \$1717

200 HOUR YOGA TEACHER TRAINING

**50 hours online*

Tuition: \$2000, Total Pricing begins at \$3434

REIKI LEVEL 1 & 2

Tuition: \$600, Total Pricing begins at \$1010

YOUR INVESTMENT

PAYMENT POLICY

- 1st Payment = 25% Deposit to Confirm
 - 2nd Payment = 50% of bookings to be paid by 3 months prior to program start date
 - 3rd & Final Payment = Remainder of total due 1 month prior to program start date
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CANCELLATION POLICY

- Cancel within 24 hours of making your booking to receive a 100% refund.
- After that, tuition is not refundable.
- We offer a 50% credit for the amount paid after tuition. Transferable amount is held as credit on account.
- Credit can only be applied to full priced items only. Credit is not combinable with other offers or specials and cannot be used for deposits, but can be transferred to a friend or family member.
- For last minute cancellations we only offer credit if the payments are up to date.
- Costa Dulce retains the right to cancel a training session at any time. If Costa Dulce cancels a training session, tuitions and other payments will be refunded.

YOUR TUITION GIVES BACK

Yoga reminds us about our inherent interconnection with the people and nature around us. That is why we choose to donate a portion of the training tuition to Vital Actions, an Environmental and Social Justice organization that has a sea turtle nursery here on Playa Escameca. This donation also goes towards planting trees at the local Collado Reserve, Vital Action's habitat restoration project.





A person is performing a yoga pose on a wooden deck. They are standing on a black mat, with one leg raised and bent, and their arms are reaching up to hold onto a horizontal bar. The background shows a scenic view of the ocean, a beach, and distant mountains under a blue sky with some clouds. The scene is framed by dark wooden pillars.

PRACTICE IN THREE DIFFERENT OCEAN VIEW SHALAS



EAT NUTRITIOUS FOOD

**Available all-day:
coffee, tea, fruits**

**Available 6-9AM:
fresh-cut fruits, granola, yogurt**

**9AM:
Breakfast**

**1PM:
Lunch**

**6PM:
Dinner**

INDULGE IN SURF, SAUNA, SPA, AND OTHER WELLNESS ACTIVITIES

WEEKLY ACTIVITIES:

MON, 4:30PM - Sea Turtle Talk

TUE, 10AM - Jungle Walk

TUE, 7:30PM - Live Music

WED, 2PM - San Juan del Sur Trip

THU, 3PM - Cacao Circle

THU, 4:30PM - Sweat Lodge

FRI, 7:30PM - Salsa

FRI, 8:30PM - Beach Bonfire

OCEAN VIEW ROOMS



OPTIONS TO SHARE

CONTACT US TO APPLY NOW
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