Helsinki
Student Program
Packet 200-hour 2027

PURNA YOGA
HELSINKI

The Purna Yoga College Finland Helsinki, Finland
www.purnayoga.fi • +358 50 3533970 • nicola@purnayoga.fi
Purna Yoga Helsinki • Fredrikinkatu 67 E 42

200-hour Teacher Training Program

"Yoga is not to be performed, yoga is to be lived." Aadil Palkhivala
"Only when the essence of all truths unites, will a greater truth be born." Savitri

Welcome to Purna Yoga "Purna" means "complete" and Purna Yoga distills and integrates the vastness of yoga into an invaluable set of tools for transformation and healing. Reminding us that yoga is far more than a system of exercise, Purna Yoga offers wisdom and techniques for the union of the body and the mind with the spirit. Using awareness, precision, and concentration, Purna Yoga inspires the evolution from our lower nature to our Divine Self. Purna Yoga is the art of loving yourself by living from the heart. Purna Yoga practitioners learn alignment-based asana, pranayama, and Heartfull Meditation (the art of aligning inner energies for transformation), along with nutrition and yogic philosophy, adapted for our lifestyles today. Like a tuning fork, Purna Yoga aligns our entire being with the vibration of truth and the Divine essence within us and all around us.

The lineage of Purna Yoga is based on the teachings of Sri Aurobindo and The Mother, the Vedas, Patanjali, B.K.S. Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri, the founders of Purna Yoga. With its roots in the past and its reach into the future, Purna Yoga is here to help create the world which we have all dreamed of.

It is undeniable that, in order for you to be an inspiring teacher, you must first be an inspired practitioner. Therefore, the classes at the College of Purna Yoga first instill within you a deep love for your own personal practice. Only then can you share your love of yoga with your students. As a practitioner, you will learn to integrate Purna Yoga deeply into your own body and life. As a yoga teacher, you will learn to teach from this inner experience.

Our courses are taught by select Senior Certified Purna Yoga Instructors, valued for their dedication and deep commitment to supporting their students' growth. Come learn to live and teach the whole of yoga. Discover the difference between yoga from the mind and the Purna Yoga approach to practicing and teaching yoga from the heart. We trust you will soon discover that there truly is no other teacher training college like the College of Purna Yoga.

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What previous students say:

Nicola is one of the most respectable true yoga teachers. Even with a long experience of teaching other types of Yoga she is very loyal to Purna Yoga and its teaching methods, so that the lineage succeeds new teachers. I have learned a lot from her. I am grateful that she is always close to us, so easy to ask any questions. Her kindness to the students, passion toward Yoga and teaching, and also her beautiful mind are just adorable. It is a very rich experience to have such a person guiding us teachers-to-be.

Yuki Ishiyama, 200-hour Purna Yoga Graduate 2023

My experience at Purna Yoga teacher training was something very special. I leaned new approaches to Yoga – a holistic way of living Yoga. I discovered step by step my inner "real self"which has been inside but was not ready to come out before – my inner strength and braveness.
Maybe going hand in hand, my way of perception of situations and reaction to people are changing.
And I am thankful for our wonderful group – such a good vibration and caring energy within, with the best "guide" Nicola.
I found family here!

Nina Stenitzer, 200-hour Purna Yoga Graduate 2023

"I acquired an extremely solid foundation to start my path as a yoga teacher and this gave me confidence and the exact kind of knowledge I felt I needed to start teaching yoga. I learned the purpose of the asanas, and the construction of them from the inside out.

I had practiced yoga before but now I feel like my asana practice is a transcendental experience because I get to dive deep inside of it, guide my own body from the joints to the muscles to opening and strength, so it becomes like a meditation, an experience of full awareness and vitality. I also learned how to get in contact with my heart. This was a very vague concept for me, and now I have tools to access a universe inside of me.

I learned how to be a "professional" in the yoga world, how to teach in a way that is aligned with my values, and thus how to be a better human being. I learned tools to set my life in such a way that my life can flow more easily and create space for the deeper gifts I have to give to the world and in this life. These tools enable me to struggle less, to nourish my body daily instead of hinder it, so I have space, time and energy to love, to be present, and to life a deeper purpose in my life."

Jessica Braescia, 200-hour Purna Yoga Graduate 2021

At the 200-hour Level you gain the knowledge, confidence and awareness that is essential for becoming an alignment-based yoga teacher. The course covers the foundational curriculum of Purna Yoga—alignment-based asana and pranayama, meditation, nutrition and applied yogic philosophy. You will emerge with the ability to teach a variety of classes; the confidence, caring and compassion that keeps your students safe and growing; and the inspiration that makes yoga a powerful tool for transformation. Be prepared to fall in love with your own personal yoga and meditation practice as well, since Purna Yoga awakens the joy of living from the heart.

As you learn the foundational curriculum, you will also explore:

- Anatomy and physiology of asana and pranayama
- How to see and understand bodies, and give hands-on adjustments
- The benefits and contraindications of asana, and the use of props
- How to deal with students' injuries and health conditions
- The energetics of centering your mind and awakening your intuition
- Delivery, presentation and class control, especially in teaching beginners
- How nutrition and a yogic lifestyle affect your students, your teaching, and life
- Ethics, business, and the professional and energetic boundaries of teaching
- How to apply timeless yogic philosophy to your classes and your daily life

Prerequisites

Applicants must have an established asana practice (at least one year of 2-3 classes a week in alignment-based yoga—any yoga system that emphasises the alignment of the body in asana) prior to beginning the program. The strength of this foundation will support the entirety of the Teacher Training program.

Dates

Nine sessions between January and June 2027

8. January, 29. January, 19. February, 19. March, 9. April, 23. April, 14. May, 11. June, 18. June

See the detailed schedule at the end of this document for the exact meeting times.

Cost

Regular price 3.950€ (incl. 25,5% vat): 350 € non-refundable registration fee (due with the application) + 3 600 € paid by 5th January 2027.

Payment plan 600€ (incl. 25,5% vat): 350 € non-refundable registration fee (due with the application) - 1x/month between January - June

Purna Yoga Scholarship Awarded to applicants who demonstrate commitment, financial need or potential to contribute to the yoga community. Send us an email to **apply** - nicola@purnayoga.fi

Tuition does not include lodging, food, books, materials or travel expenses. (400 page manual is included)

The registration fee is part of the full tuition.
For more information on how to make payments, see the Payment Option Form at the end of this document.

How to apply

Please complete the Application form on our website.

Applications are accepted anytime space allows. However, we recommend you submit your application within 3 weeks after receiving this program and no less than 8 weeks before the start of the training to assure a place.

Reservations will be based on first come first served.

We will contact you by email within 2 weeks of receiving your application to confirm your acceptance.

Book List

Here are the required textbooks for the 200-hour course. Please contact Nicola for prices and ordering information:

Fire of Love by Aadil Palkhivala
The Sunlit Path by The Mother
Trail Guide to the Body, 5th or 6th Edition, by Andrew Biel
Trail Guide to the Body, Student Workbook 5th or 6th Edition, by Andrew Biel
The New Edition Manual by Aadil Palkhivala (provided to students as part of the tuition)

Refund Policy

- If the student withdraws 14 days or more prior to the start of the training the student will receive a full refund of the pre-payment, minus the reservation fee of 350€.
- If the student withdraws 1-13 days prior to the start of the training the student will receive a 85% refund of the pre-payment.
- If the student withdraws after the training starts, payments are non-refundable.
- Should the training be cancelled, a full refund will be provided

Frequently Asked Questions

What certificate will I receive?

With your successful completion of the program requirements (course hours and homework) you will earn the 200-Hour Course Completion Certificate from the Purna Yoga College.
The College of Purna Yoga is based on a mission, an authentic Yoga Style and Yoga College from a genuine Indian lineage bringing awareness as to what Yoga truly means in modern society.

What if I miss a class?

If you miss more than 30 minutes of a module (4-hour session), either by arriving late or leaving early, you will not receive credit for that module, and it must be made up.

Options for Making Up Missed Modules

Private Lesson Make-Up

- You may schedule a private lesson with a teacher training instructor.
- One module (4 hours) = 1.5 hours of private instruction, at a cost of 119€ per 1.5-hour session.
- Private make-ups must be completed within 30 days of the course's end.

If You Miss More Than 3 Modules

If you miss more than 3 modules (over 12 hours total), you may continue in the training, but you will not be eligible to receive a Course Completion Certificate.
To qualify for certification, you would need to retake the missed modules in a future training.

Who will be my instructor?

The 200-hour course will be taught by Nicola Moberg. The teachers of the 200-hour Level are Certified Purna Yoga Instructors with thousands of hours of training, practice, and apprenticing. They have been hand-selected by Purna Yoga founders Aadil Palkhivala and Savitri, and have studied under them personally for many years to achieve the level of being a College of Purna Yoga faculty member. The members of the college faculty have made very deep commitments to their own practice of Purna Yoga as well as to serving others and carrying on the Purna Yoga lineage by training teachers.

Frequently Asked Questions

How many people will be in class?

We require a minimum of 6 students and accept a maximum of 16 students. You will have one teacher and one assistant.

Will I have homework?

Yes, you will have two short books to read and anatomy worksheets to complete. Expect about 20 hours of homework during the 200-hour course.

How much should I expect to pay for books and materials?

Your books should cost around 200€.
There may be a chance for 2nd hand books from previous students, talk to Nicola.

I am coming from out-of-town. Where can I stay?

We will provide you with a list of local recommended accommodations.

After I graduate, where will I be able to teach?

Upon completion, you will be able to apply to teach alignment-based yoga at a variety of venues, such as studios, gyms, adult education centres, fitness centres, and schools.

The 200-hour level of training will equip you to teach basic classes; your teaching repertoire will grow as you increase your level of training.

Where will the course be conducted?

The training is exclusively in person and the venue is Helsinki's home of Purna Yoga,
Purna Yoga Helsinki, Fredrikinkatu 67 E 42, 00100 Helsinki.

Tuition and Fees

Regular Tuition

350€ Registration Fee - due with application

3 600€ Tuition Payment - due 5th January 2027

3 950€ TOTAL

Payment plan

350€ Registration Fee - due with application

600€ - 1x/month between January - June

More personal payment plans are also available

Please pay the registration and course fees into the following account:

PURNA YOGA HELSINKI
NORDEA FI15 1544 3000 0484 34

What Happens Next?

We will contact you by email within 2 weeks to confirm your enrolment. Scholarships will be awarded on October 15th 2026.

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The College of Purna Yoga Finland, 200 Hour Foundation Course 2027

Schedule – 9 session course

Start date: 8. January 2026 / Graduation date: 27. June 2027
Total class hours 180

8. January, 29. January
19. February
19. March
9. April, 23. April
14. May
11. June, 18. June

Training Weekends

Fridays 11:00- 14:00, 15:00- 18:00

Saturday 9:00- 12:30, 14:00- 18:30

Sunday 12:30- 18:30

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