yoga dharma

Yoga without compromise

Residential yoga retreats and teacher training in the Bulgarian mountains.

Visit yogadharma.co.uk

ACCREDITED BY YOGA ALLIANCE EUROPE & INTERNATIONAL



WHY YOGA DHARMA

Twenty years of authentic teaching

For over two decades we have run residential retreats and teacher training from our home in the Bulgarian countryside, inside a nature reserve with views across the Balkan landscape.

> "I can honestly say it has been a life-changing experience."
>
> 200 HOUR GRADUATE

Decades of experience

Over 20 years running retreats and training. We have trained hundreds of teachers in all areas of yoga.

Verifiable content

We are a Sutric and Tantric school. Everything is drawn from authentic sources, and you are encouraged to cross-reference it.

Fran & Martin

Each has over 40 years of yoga experience, including extended periods at the AYRI in Mysore.

Meet Martin →

Accredited courses

Every course is accredited with Yoga Alliance Europe and Yoga Alliance International.



TEACHER TRAINING

Train residential, deep in the mountains

200 HOUR FOUNDATION

Yoga Teacher Training

15 days residential. Asana, alignment, adjusting, pranayama, meditation, anatomy, yoga philosophy and ethical business, everything you need to teach with confidence.

Next 200hr course: 21 June – 5 July 2027

£2,400

Includes all training, meals on site, study materials and your stay. Instalments by arrangement.

View the 200 hour course

100 HOUR COURSES · 8 DAYS EACH

Integral Yoga →

Self-practice, alignment, adjusting, philosophy and the Bhagavad Gita.

Meditation & Pranayama →

Run rewarding meditation classes, guided by the Yoga Sutras and Tantra.

Pranayama Levels 1 & 2 →

200 hours of breathwork training across two courses.

Build to 500 hours and beyond

Each 100 hour course carries its own accredited certificate and adds to your 200 hour foundation. Dates and prices are on each course page.

See the 500 hour pathway →







THE CENTRE

A farmhouse above the Balkans

Original beams, natural stone walls and floors, and a private bathroom for every room. A dedicated yoga studio with all the mats and props you need, a south-facing garden, orchard, small pool and sun deck, and a cellar lounge with a projector and a library of yoga books.

Locally grown food

Vegetarian and vegan, with most diets catered for. All meals, snacks and drinks are included. Tofu, yoghurt, honey, eggs and herbs come from our neighbour's garden. The centre is alcohol free.

A typical training day

06:30 Shat karmas
07:00 Asana
09:00 Pranayama
09:30 Breakfast
11:30 Presentations
13:00 Break
13:30 Adjusting
15:00 Presentations
16:30 Dinner
19:00 Study

YOGA RETREATS

Yoga your way, in a week of your own

Highly personal retreats for individuals and small groups. We shape the classes, menus, philosophy talks and excursions around you, from asana and pranayama to meditation, kriyas and yoga nidra.

Included: all centre meals, teas, juices and smoothies, the waterfall picnic lunch and some excursions. Everything is optional, so join in as much as you like.

See retreat dates

Read the full sample itinerary →

A SAMPLE WEEK

Arrive	Welcome refreshments, restorative yoga, dinner and a film
Every day	Wake-up yoga, yoga philosophy, evening yoga nidra
Tryavna	A traditional town for shopping and dinner
Kilifarevo	Visit the monastery, then evening yoga and meditation
Veliko Tarnovo	A full day in the old quarter and Tsarevets castle
The orchard	Fire pit BBQ and stargazing
Kapinovo	Wild swimming at the waterfalls with a picnic lunch

Sample itinerary only. Every retreat is tailored to you or your group.

GETTING HERE

Three hours from Sofia, a world away from everything else

We are in the secluded hamlet close to Veliko Tarnovo. There is a regular coach service from Sofia to Veliko Tarnovo, and we can arrange affordable transfers from Sofia airport.

Flights and transfers are not included. Sofia, Plovdiv, Varna and Burgas all make excellent stopovers, rich in Roman, Thracian and Ottoman history.

Find us on Google Maps →

GET IN TOUCH

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