

SHRI GAIA INSTITUTE

Conscious Evolution

200HR HATHA VINYASA YOGA TEACHER TRAINING

Lamu, Kenya | November 10 – 24, 2026

Banana House, Shela Village

About the Training

This 200hr Yoga Teacher Training is a deeply transformational experience rooted in classical yoga and grounded in practical teaching skills. Led by Tanya Savitri Popovich, E-RYT500 and Yoga Acharya with over 20 years of international teaching experience, together with senior teacher Samanta Duggal, ERYT-500 with over 25 yrs of experience; The program draws from thousands of hours of study and practice across classical and modern yoga systems.

Participants graduate equipped to teach both Hatha and Vinyasa Yoga, understanding alignment, sequencing, pranayama, philosophy, anatomy, and the art of holding space for students at any level.

Shri Gaia Institute is a Yoga Alliance registered school at 200hr and 500hr level, and an approved YACEP provider.

Curriculum

The full curriculum details can be found following this [link](#).

Daily Schedule

Time	Activity
08:00 – 10:00	Asana, Pranayama & Meditation
10:00 – 11:00	Breakfast
11:00 – 13:00	Lecture
13:00 – 13:15	Break
13:15 – 16:30	Teaching Methodology
16:30 – 19:30	Study and Beach / Free Time
19:30 – 21:00	Evening Class / Peer Practice (every second day)

The program includes a 15-day in-person intensive with 5 days of prior online self-paced study. All graduates are welcome to repeat the training in the future free of tuition fees.

Teaching Team

Tanya Savitri Popovich

E-RYT 500 | Yoga Acharya | 20+ years of international teaching experience

Tanya brings over two decades of dedicated practice and teaching across classical and contemporary yoga systems. Her training methodology reflects a deep respect for tradition alongside a commitment to making yoga genuinely accessible, intelligent, and embodied. She has directed teacher trainings across Europe, Asia, and Africa.

Samanta Duggal

Co-teacher and experienced yoga practitioner, Samanta brings warmth, precision, and depth to her teaching. She joins Tanya in guiding students through the practical and philosophical dimensions of the training.

Location — Lamu, Kenya

The training takes place at Banana House in Shela Village, on the idyllic island of Lamu; One of East Africa's most enchanting coastal destinations.

A serene paradise untouched by modern chaos, Lamu invites a slower rhythm of life, where narrow winding streets replace roads and traditional dhows glide across turquoise waters. Fringed by pristine beaches and swaying palms, the island carries warm ocean breezes scented with salt and spice.

Beyond its natural beauty, Lamu reveals a rich tapestry of Swahili culture; Centuries-old architecture, intricately carved wooden doors, and coral stone buildings shaped by African, Arab, and Persian influences. Life here unfolds gently: sunrise walks along Shela Beach, evenings lit by lanterns, local cuisine fragrant with coconut, cardamom, and freshly caught seafood.

With its welcoming community and deep-rooted traditions, Lamu offers a setting that supports both the depth of the training and a genuine sense of restoration.

Arrival & Departure

Arrival day is the first day of the training, with a welcome session held in the evening. Departure day is the final day, and participants are free to leave in the morning after breakfast.

Getting There

International guests are advised to fly into Jomo Kenyatta International Airport (Nairobi) or Moi International Airport (Mombasa), then take a domestic flight to Manda Airport (LAU) through (Safarilink, AirKenya, or Jambojet airlines).

Airport Transfers

Upon landing at Manda Airport, a Banana House representative will meet you at arrivals holding a "Banana House" sign. You will be guided to the nearby pier, where a boat transfer will take you across to Shela Village. The team will meet you at the beachfront and accompany you to the property. Boat transfers are arranged in advance.

What to Bring

Please bring at least two notebooks and a white outfit for the graduation ceremony. Online training materials and reading will be sent to you by email upon registration. We recommend registering early to allow sufficient time to prepare.

Investment & Accommodation

Participants can choose from a range of accommodation options at Banana House, from shared to private rooms and garden view rooms, all included within the training package.

A non-refundable deposit is required to secure your place. Deposits are transferable to another Shri Gaia program up to 30 days before the start date.

All prices are per person and include: 200hr Yoga Teacher Training, all online training materials, 14 nights' accommodation, and daily breakfast.

Accommodation Type	Early Bird	Regular Price
Single Suite	€2,950	€3,200
Standard Single Room	€2,750	€2,950
Shared Twin Room	€2,450	€2,650
Shared Triple Room	€2,350	€2,550

Early Bird rate: full payment by August 31, 2026.

Regular Price: split into two equal instalments — first due by August 31, 2026, second by October 20, 2026.

A deposit of €500 is required along with your application to hold your place. Availability is limited.

All graduates are welcome to repeat the training at any point in the future, free of tuition fees.

Call To Action

Apply here: [Application Form](#)

Learn more: [Kenya 200hr YTT](#)