



VINYASA YOGA
MOVEMENT
EMBODIMENT
CREATIVITY
EMPOWER
ENERGY WORK
COMMUNITY
ACTIVISM



SACRED SEQUENCE

200 HR VINYASA YTT
Hybrid / Nov 2025 – May 2026



Brochure in English - YTT manual + teachings in Dutch & English
Conscious Corner x Green DNA Belgium x Armonia Retreat Crete

LEAD BY LIGHT

SACRED SEQUENCE



Photo taken at Vesta, Diest

This unique training complements the rich tradition of the authentic yogic teachings with a more contemporary, psychosomatic / embodied approach to spiritual empowerment. The 'Sacred sequence' Vinyasa method by Conscious Corner blends free expression / intuitive movement with structural alignment - and sequence- principles from the traditional Vinyasa Method. The essence of the practice is authentic expression and expansion of your true self on and off the mat.

Sankalpa/intention & heartfelt devotional practice are key to discover the unique power of your soul and translate it into y/our world. Our training focuses on experimental learning and exploration through the body/ authentic movement, energy work, emotional intelligence, empowering speech and community. We believe that a committed yoga practice awakens our ability to make an impact on people and planet and anchors us into commitment to do so.

To us, the greatest teacher is the forever student who embraces the yogic values at heart and continuously commits to a purposeful practice on and off the mat. This way, yoga and embodiment of authenticity offer a gateway to uplift the individual and society at large.

Will you be the change?

HYBRID FORMULA

BEST OF BOTH WORLDS



A yoga teacher training is not just about teaching yoga, it's about living yoga and birthing/becoming your authentic Self. Find refuge and safety in your body to express freely, anchor in your breath to increase your energy, access higher levels of consciousness and set the foundations of a self-supportive, compassionate and empowering mindset.

In this YTT, we spend a substantial amount practicing and teaching, but more than being an ever 'finalized' journey upon graduation ..., we see the training more as a portal or door that adds quality and presence to your life as a whole. Our Yoga Alliance certified program covers the foundational principles of the 200 hour training certification, enriched with experience and the beauty of growth through curious learning in a community container. To know yourself, your true Self ... your limits, your passions, values and your priorities is the greatest gift to yourself and journey. Life and all of our relationships are merely a mirror of our inner world ... and yoga offers an instrument to clear up our perception, break limiting habits and open the door to a lifelong of growth.

Our unique training formula offers the best of both worlds in terms of learning. On the one hand, we offer three weekend experiences at Vesta Belgium with integration and homework assignments in between. This boosts continuous progress and sustainable embodiment of the teachings. Complimentary, we immerse in the spirit of Yoga in our intensive, 1 week training in 'Armonia', a beautiful retreat center in Crete, Greece. This deep dive gives us a break and space from the day-to-day responsibilities to tap into deeper layers of the inner world and attune to the whispers of our soul's intuition.

Yoga teaching itself is no guarantee to feel fulfilled, but stepping into each day grounded, with vision and values is. The more we embrace success as a journey of self-improvement from a place of appreciation, the more we clear the path for our highest Self to awaken. Make each day count Allow your soul's wisdom to be your guide.

A TYPICAL DAY AT YOUR TEACHER TRAINING

06:30 SUNRISE MEDITATION + PRANAYAMA

07:15 JUICE / TEA + SILENCE

07:30 SACRED SEQUENCE FLOW

09:15 BREAKFAST / BRUNCH

10:30 PHILOSOPHY / YOGIC LIFESTYLE WORKSHOP

11:30 APPLIED ANATOMY - ASANA LABS

13:30 BREAK

14:30 AFTERNOON WORKSHOPS

18:00 SUNSET AT THE BEACH

19:00 DINNER

20:00 EVENING PRACTICE / REFLECTIONS

Activities / schedules can vary from day-to day and a 'tentative' schedule will be communicated on a day-by-day basis. We include other activities in the training, such as a cacao ritual, breath work circle, sound healings and other practices with guest teachers. In Greece, we will plan activities such as a meditative hikes & beach meditation. The retreat center has a sauna, pool and an indoor and outdoor studio (for nighttime yin / stargazing).



FOUNDER + LEAD TEACHER



ANN SCHREPPERS (ERYT-500)

Ann grew up as a very sensitive soul, with many questions about life, society and the way we live our life on earth. Being a ballet dancer since the age of six, Ann got to grow her understanding of the human body as a means to express and transform unspoken & unprocessed feelings into art. Being a lifetime perfectionist, Ann recovered from a life-threatening eating disorder at the age of 12. She healed herself through a sudden glimpse of consciousness, where she could see herself as an observer and quickly understood that society's standards are by no means a premise to one's own fulfilment and happiness. Instead, connecting to one's inner wisdom and befriending oneself (body and mind) in the process is. To Ann, the body and its movements offer the greatest vessel for personal and collective liberation. Safety and curiosity are two key ingredients to fully surrender and let go into the body and anchor into a deeper state of trust into the Self and the world around.

For the past ten years, Ann has been devoted her life to experience and deepen her knowledge of the practice as an instrument to liberate body and mind. She has experienced immense shifts in her life by cultivating an approach of possibility and courage towards herself and the worlds that surround us. In this process, she has transformed her inner critic through awareness and devoted her energy intentionally towards the creation of a more loving earth and humanity. This way, her personal mission exceeds any personal limitations and she has been blessed to inspire many through this embodiment of love and compassion. She holds a safe space for everybody she encounters and wants to create space in the human heart to feel love(d) and to see possibility within the limits.

Ann is an activist for equality and accessibility in the field of yoga and all her endeavours give back to a better, more connected world for all beings and animals. She is active in communities and social projects / conscious education in Kenya and Central-America. With two master degrees in public and private management, her dream is to make a change on an institutional level. She believes in a world, where humans use self-awareness as tool to transform their own pain and judgements for the sake of something better. Where we move from compliance to an external force, into a deep connection and guidance from our inner source.



CO-LEAD TEACHERS



JOKE (CYT-200) & LIES (E-RYT-500)

JOKE VAN DEN PLAS

Anatomy, movement & transformational breathwork

Joke has a background in physiotherapy, kinesiology, emotional / energetic techniques (ETT, reiki, spinal energetics, ...) and has been working fulltime in this field for the past years. Joke is an intuitive healer, who guides you from the mind into the body and reconnects you to the hidden wisdom from within.

Joke will give us insight into the functionality of the physical and energetic body and the dynamic relationship between both. She will enrich us with a hands-on learning experience with tools to understand the human body better. This way, you'll be empowered to build a safe and supportive practice. To Joke, yoga is a way of life, which is all about translating the wisdom you encounter on the mat into your day-to-day reality.

Instagram - @art.neureau

LIES MAHY

Somatic / embodied FlowTM, kirtan & philosophy

Throughout a decade of facilitating yoga classes – and another decade before that as a professional dancer and movement teacher – Lies has developed a unique teaching style in which she weaves her poetic language with elements like somatics and free movement.

She loves to work both within the structured frame of asana and encourage you to venture outside of the comfort of the known, while offering a safe space with lots of freedom to work within the ranges of your possibilities.

Lies truly believes in an embodied approach, rooted in the non-dual philosophy of tantra, where the body and all earthly experiences are a doorway to the core of our being. For Lies, yoga is an amazing way to, through movement and philosophy, invite slowness and wonderment, learn more about ourselves and the world. Because yoga unites the very defined matter of our bodies with the seeking for answers for the fundamental questions of life that we all share.

Lies is a full time yoga teacher (E-RYT500 & YACEP) and the first Certified Embodied FlowTM teacher in Belgium.

Instagram - @liesmahy.yoga



THE VENUES

BELGIUM – 3 WEEKENDS – NOVEMBER – MARCH

GREECE – 1 WEEK FROM 11-18TH OF MAY



There will be a total of 10 full days in Belgium at Green DNA, in Heist-op-den-Berg. Training dates are 1,2 & 3 november / 8,9 & 10 november / 28th of February & 1,2,3 of March from resp. 8 am until 7 pm. The aim is to dive deep and truly immerse in the content of the course and its embodied experience & expression.

In Belgium, students stay offsite. Daily healthy brunches are available each day upon request (needs to be booked in advance upon booking) and cost an additional average of 20 euros / day.

The in-person integration takes place at the beautiful and mystical island of Crete. Home to ancient civilizations and divine stories, it's energy is conducive for us to dive deep. The in-person retreat covers daily vegetarian brunch and dinner. The YTT venue 'Armonia' is about 40 minutes drive from Chania airport and 1,5 hour from Heraklion airport.

Early bird / normal prices for the full experience includes Yoga Alliance certification

- 3666 (EB- until June 30th) – 3777 euros for a triple room with single beds
- 3777 (EB) – 3888 euros for a double room with single beds

*IVA is charged in reverse because of the inter-European arrangement.

Price for the retreat itself is 1266 (triple) – 1366 euros (double) and tuition cost is 2400 euros for the small group intimate training, with max 12 students.

We deliberately keep to a small group size to optimize the learning experience. Our team prioritizes personal guidance and tunes into to each person's unique journey and process. Our training covers about 180 onsite training hours, complemented with preparatory & intermediate assignments, as well as ongoing support of your teachers.

**Flexible payment plans and financial arrangements are available on request. . Transport is not included & we recommend a car rental to explore the island during our time there.*

JOIN THE JOURNEY

We would love to welcome you on this intimate and life-changing journey.

As a teacher training is such a fundamental pillar of your journey practicing and teaching, we'd love to ensure a perfect match between our team and yourself.

We believe that the transmission of the teachings and the practice depends on your ability to trust and receive the benefits of the journey. Therefore, the readiness for the process and trust in our team is key to your YTT journey. We'd like to book a call to proceed on the sign-up process.

A key parts of our journey are:

- All level empowering 'Sacred Sequence' Vinyasa classes
- Access to three signature flows and their modifications
- Clear sequencing, cue'ing and guiding through experience
- Focus on applied anatomy + needs of society
- Additional styles : embodied FlowTM, yin, restorative, energy work
- 'Expand through expression' - intuitive movement & voice liberation
- Emphasize the 'why' in teachings
- Respecting the roots of the yogic tradition - touch on key literature
- Focus on experience based learning - learn & love
- Growth / curious mentality on and off the mat
- Self-acceptance and -love as a means to evolve as a forever student
- An ice bath
- A cacao ritual
- Energy healings
- Breathwork circle
- Dharma talks + focused on unique purpose
- Focus on inclusivity + yoga activism
- Intimate container - support and guidance of a multi-skilled team
- 1 dedicated private moment with Ann - spiritual guidance
- Brunch, snacks and dinner daily - both abundant and fresh
- Support social-environmental wellbeing
- Give back to ecosystem regeneration

E-mail info@consciouscorner.be for more information or to book your place

Book a call with Ann through Whatsapp : +39 351 718 9980.

GIVE BACK



We care about and believe in 'WE-llbeing' practices that support the people and planet. To us, inclusivity is the true essence of yoga and we believe it is a powerful tool to make a difference in our own lives and the society as a whole.... Change starts here ... in our daily reality.

Conscious Corner hosts yearly 'embodied education' programs in local communities in Kenya and has its signature 'Conscious Curriculum' to empower youth through embodied education/ the science of the soul. We believe that awareness is the bridge to enable sustainable shifts in the field of - individual and collective- holistic wellbeing.

Seva/ service is an key part of your journey and all graduates will be exploring the potency of yoga as a means to empower individuals from different backgrounds. We invite all trainees to chose a demographic and offer 4 karma hours of teaching and on-field study to experience how the practice can benefit every-body first-hand. Now is the perfect time to make a difference.

With this training we give back to :

- **Vital Actions Nicaragua @vitalactions** : a marine conservation, ecosystem regeneration and diversity NGO
- **Foundation (to be defined) on the island of Greece / other causes of interest in Belgium** : Suggestions are welcome

SHARE THE LOVE FOR YOGA WITH THE WORLD –
JOIN US !