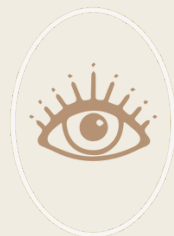




# SACRED SEQUENCE

200 HR VINYASA YTT  
2<sup>nd</sup> of April – 24<sup>rd</sup> of April 2026





LEAD BY LIGHT

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# SACRED SEQUENCE

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Photo's are taken in a past YTT in a similar set-up, see photos of our 2026 venue below

This unique training complements the rich tradition of the 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 on and off the mat.

*Sankalpa*/intention & heartfelt devotion are key in this practice, 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 & emotions, speech and community. We believe that yoga awakens our ability to make an impact on people and planet.

To us, the greatest teacher is the person who embraces the yogic values at hearts 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 larger society.

*Will you be the change?*

# A TYPICAL DAY AT YOUR TEACHER TRAINING

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06:30 SUNRISE BEACH MEDITATION + PRANAYAMA

08:00 JUICE + SILENCE

07:30 SACRED SEQUENCE

09:15 BREAKFAST / BRUNCH

10:30 PHILOSOPHY / YOGIC LIFESTYLE WORKSHOP

11:30 APPLIED ANATOMY - ASANA LABS

13:30 BREAK

14:30 AFTERNOON WORKSHOP

16:30 BEACH TIME

18:30 DINNER

20:00 SOMETIMES EVENING : CHANTING, JOURNALING,...

Activities / schedules can vary from day-to day and a 'tentative' schedule will be communicated in advance. We have massage therapists on-site / on-demand and include other activities in the training, such as a cacao ritual, mantra chanting, breath work circle and other yoga styles and practices.





# 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 deepening her experience and knowledge about the practice and lifestyle application of yoga as a tool for 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. 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.



# SUPPORTIVE TEACHERS



## JOKE (CYT-200) & KAROLINE (CYT-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

### KAROLINE HABERL

*Voice liberation, (in-depth) meditation & YIN*

At the age of 5, Karoline laid the foundation for a lifelong journey into the world of music and sounds with the violoncello. Over the years, the voice became an essential and central part of her practice and a tool for deeper self-connection and healing.

Recognizing the liberating impact music had on her life journey, she pursued studies in music therapy as a means to ongoingly support herself and others.

In the midst of her music therapy work, she felt another calling - the path of yoga. Deeply touched by the sacred sounds of yoga, Karoline found the resonance of mantra chanting to be a gateway to personal and collective transformation.

In this convergence of music, therapy and spirituality, she discovered her calling and a deep sense of fulfilment through service. To Karoline, each chant is a sacred offering to illuminate the power of the heart.

Instagram - @k.aro\_line





# YOUR HOME

FOR 22 DAYS



Verdad is a boutique beach hotel located on the Emerald Coast of Nicaragua overlooking a private, uncrowded beach with some of the best waves in all of Central America. All the rooms offer an exquisite view in the most tranquil and natural, untouched environment.

We provide you a true Nica experience, combining attentive and welcoming guest services in a secluded and serene setting. Ann, your trainer has lived here for multiple years and it's her favorite place in the world. In this authentic space, you find yourself immersed in culture, surrounded by nature in complete laid back luxury. Have a look at all the rooms on this 'best rated' boutique hotel in Nicaragua.

[www.verdadnicaragua.com](http://www.verdadnicaragua.com)

Prices are \*:

- 4000 USD pp for a double room with AC (shared bed – sign up per couple)
- 4400 USD pp for a shared single bed (single bed in a shared cabin with max 2 pp)
- 4900 USD pp for a shared double bed (queen bed in a shared cabin with max 2 pp)
- From 5200 USD for a single room with AC
- From 6400 USD for a single cabin

This price includes all daily dinners and brunches (dinner on the first day & brunch on the last) in our stunning ocean-view sanctuary. Extra lunches can be ordered on-demand at an extra cost in the hotel or at the 'rancho' on the beach. \*

What is not included? Visa, transport & flights (we can arrange collective transport) closer to date, & health insurance. You can fly into Managua international airport or arrange transport through Liberia or San Jose (bus to the border) in Costa Rica. Get in touch for support in arranging your trip.

Massages by talented therapists, surf board rentals / lessons & trips on the day off (2 days).

We can host a maximum 15 students on-site (with 3 teachers) and deliberately keep a small group size for our training/ community living experience. **Our program gives back to ecosystem regeneration – with a sea turtle conservation project on the beach– and the local communities. Our aim is to sponsor a local student into this program.**

*\*Flexible payment plans and arrangements are available on request. Message us for detailed payment conditions.*

# JOIN THE JOURNEY

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We would love to welcome you on this intimate and life-changing journey in Nicaragua. 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 into the sign-up process.

Key elements of (y)our unique 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 : yin, restorative, energy work
- 'Expand through expression' - intuitive movement & singing
- 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
- 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
- Daily cold-pressed juice
- Brunch, snacks and dinner daily - both abundant and fresh
- Onsite massages and healings available
- Surf time
- Visit to a local nature reserve in the community
- Ocean-view, jungle accommodation walking distance from a secluded beach
- Give back and learn about ecosystem regeneration by the most incredible Vital Actions.

*E-mail [info@consciouscorner.be](mailto:info@consciouscorner.be) for more information or to book your place  
Book a call with Ann through Whatsapp : +39 351 718 9980.*



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# GIVE BACK



We care about and believe in wellbeing ‘WE-llbeing’ practices that support the people and planet. To us, inclusivity is the essence of yoga to make a difference in our own lives and the greater society .... Conscious Corner hosts yearly ‘embodied education’ programs in local communities in Kenya and in a health college (4kenya). We believe that awareness is the bridge to make sustainable shift in both mental and physical health.

Seva/ service is an essential part of your journey and all graduates will be exploring the potency of yoga as a means to empower individuals with different backgrounds and needs. We invite all trainees to chose a demographic of choice and offer 4 karma hours to teach / study this group and see how the practice can benefit every-body.

With this training we give back to :

- **Vital Actions Nicaragua @vitalactions** : a marine conservation on the beach in front of the venue. This NGO is run by Tim Rusmisel, an inspiration for humanity, and its local team and is a pioneer for social and environmental justice.
- **Local communities** : Through a sponsorship of a local students and close connection to the local communities.

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