



# OM WITH Jerome 50H YOGA TRAINING

MAY 25-30, 2026  
BARCELONA

A 6-day journey designed for teachers and passionate students who want to deepen their yoga knowledge and practice in a joyful **Hatha-Raja atmosphere**.

This training offers a balance of **self-practice, teaching tools, and devotional elements**. You'll strengthen your body, quiet your mind, and open your heart while gaining resources you can return to again and again.

We'll conclude with a **powerful sadhana immersion** that leaves you in a state of joy, wonder, and renewed inspiration.

All levels of enthusiastic practitioners welcome 🙏

📍 *Barcelona | Spacious studio with everything you need to go deeper into the Self*

✨ Are you ready to step into your next level of practice? Join us.

✨ **What's included:**

- Daily pranayama, kirtan, and asana practice
- Posture breakdowns & inversion workshops
- Yoga nidra, meditation, bhakti, and philosophy
- Special experiences: Sound Journey, Puja Fire Ceremony, Maha Sadhana
- **A full yoga manual & sequence** to support your self-practice and teaching
- Opportunities to practice teaching for deeper embodiment

*(Eligible for Yoga Alliance continuing education credits)*

Teacher Bio: Jerome Burdi is a seasoned Dharma Yoga teacher from New York City. He studied with Sri Dharma Mittra for nearly seven years and had the honor of teaching master classes at the Dharma Yoga Center for over three years. Now based in Barcelona, Jerome leads master classes, immersions, and teacher trainings at yoga schools around the world. His teaching weaves together strength, devotion, and play, inspiring students to discover both the depth and joy of the practice. Learn more at

[Omjerome.com](http://Omjerome.com)

Dates: May 25-30, 2026

Times: 10 a.m. to 6 p.m.

Location: Jardin de Hara

Carrer de la Fraternitat, 25, Gràcia, 08012 Barcelona

Earlybird investment

offered through April 3: 575 euros

After April. 3: 625 euros

(Refunds are not available. Only vouchers.)



<https://buy.stripe.com/fZubJ15Hh9G1biudAifEk04>

## **Schedule**

**Course days will be from 10:00-18:00**

\*Lunchbreaks will be 14h-15:30\*

### **Monday**

Pranayama, kirtan, yoga sequence • Lunch • Posture breakdowns

### **Tuesday**

Pranayama, kirtan, handstands/inversions • Lunch • Yoga nidra & asana

### **Wednesday**

Pranayama, kirtan, yoga sequence • Lunch • Yoga Philosophy

### **Thursday**

Pranayama, kirtan, yoga sequence • Lunch • Student-led teaching

### **Friday**

Pranayama, kirtan, yoga sequence • Lunch • Sound Journey

### **Saturday Immersion**

Puja fire ceremony • Master Class • Yoga Nidra • Lunch • Maha Sadhana

