

200 Hour Yoga Teacher Training in Rishikesh

Contact: Jiva Yoga Academy

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Address:

Badrinath Road, Tapovan Jiva Yoga Academy– 249137 Rishikesh, India, Adela

Price:

999.00 \$

200 Hour Yoga Teacher Training in Rishikesh: Embarking on a journey of self-discovery and transformation, the 200 Hour Yoga Teacher Training in Rishikesh offers an immersive experience set against the backdrop of the serene Himalayas and the sacred Ganges River. This comprehensive program is designed for aspiring yoga teachers as well as dedicated practitioners seeking to deepen their understanding of yoga philosophy, anatomy, and teaching techniques. Participants will explore various styles such as Hatha, Vinyasa, and Ashtanga while engaging in daily meditation sessions that cultivate mindfulness and inner peace. Renowned for its rich spiritual heritage, Rishikesh serves not only as a training ground but also as a sanctuary where students can connect with nature and themselves amidst lush greenery and tranquil surroundings. The curriculum often includes workshops led by experienced instructors covering topics like pranayama (breath control), alignment principles, sequencing classes effectively, and developing personal practice—all essential elements to prepare participants for their future roles as confident yoga instructors capable of guiding others on their wellness journeys. With small class sizes fostering personalized attention, this transformative course nurtures both individual growth and community bonding among like-minded souls drawn together by their passion for yoga.

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