# 100 Hour Yoga Teacher Training Course In India

**Contact: Rishikeshyog Sansthan**
**Email: rishikeshyogsansthan01@gmail.com**
**https://www.freelocalclassifiedads.us/aniak/services/beauty-health/100-hour-yoga-teacher-training-course-in-india_i3996705**

Address: **Rishikesh Yog Sansthan, Yoga Village - Jonk, Swargashram, Ram Jhula, Rishi**
Price: **800.00 $**

100 Hour Yoga Teacher Training Course In India: This course is for you if you want to deepen your practice and understanding of yoga but don't feel ready to commit to a full teacher training course or don't aspire to be a yoga teacher yet.

100 Hours Yoga Teacher Training in Rishikesh, Hatha, Ashtanga Yoga Teacher Training Course in India. As per the obstacles of the yogic path like less time, commitments of usual life etc., learning may not be possible in a lifetime. The modern lifestyle made the person away from actual knowledge and hence flexible method f teaching will help the situation. All these observations in enquiring time brought this 100 hour TTC.

This will be discussed as part of teaching techniques and Methodology in every asana session. Students will gain extensive knowledge on yoga postures and will increase their strength, flexibility and discipline.

Structuring the Yoga Asana session.
Demonstration
Tone or Voice of teaching
Stepwise instructions

100 Hour Yoga Teacher Training Course In India
Rishikeshyog Sansthan
rishikeshyogsansthan01@gmail.com
http://tinyurl.com/y3sxyuxb