

200 Hour Yoga Teacher Training in Rishikesh India

Himalayan Yoga Association now offers Yoga Alliance Certification in 200 Hour Yoga Teacher Training in Rishikesh India. Also Offers 300 Hour Yoga Teacher Training & 500 Hour Yoga Teacher Training in Rishikesh India.



Rishikesh, May 27, 2020 (Issuewire.com) - Himalayan Yoga Association in Rishikesh invites you to their exclusive [200 hour yoga teacher training in rishikesh](#) course –one of its kind. Practice asanas amidst the purity of nature with the sounds of the divine Ganges flowing through and the twitter of birds making you feel refreshed and motivated from deep within. Explore the yogi and teacher in you as you progress through this unique 200 hour YTTC in Rishikesh. Add an edge to your qualification as a yoga teacher and stand above the rest by getting an international certification from Yoga Alliance, once you successfully fulfil the course requirements of the yoga school. Learn from Himalayan Yoga Association's certified and accomplished yoga teachers to become an ideal future yoga teacher.

About yoga

This great art has stood the test of time as it took its birth in this zone of the mighty Himalayas more than a thousand years back and has passed on from the ancient practicing yogis and also in the written sacred texts of the Vedas, Patanjali Yog Sutra, Upanishads, Gherand Samhita etc. Not only does yoga transform you back to the five elements of nature, but it also elevates the soul while helping you evolve physically, mentally and spiritually.

After exploring and working upon the ancient teachings of the Himalayan yogis, Himalayan Yoga Association presents you this divine knowledge in a form that is the purest and original – a unique learning experience in the midst of the natural surroundings and endowments of the Himalayas from where yoga hails.

Himalayan Yoga Association's 200 hour Yoga Teachers Training Course not only equips you with firsthand know-how of the ancient yogic tradition but also gives you the key to good health, fitness and your synchronisation with the universe via its unique techniques that will enable students to take forward the ancient teachings of yoga in its authentic and pure form, and spread the same to others around.

Our Residential Yoga Teacher Training Program in Rishikesh

Join our residential yoga teacher training program in Rishikesh, under which you will get to stay in the comfort of 28 nights accommodation with attached bathrooms and Wi-fi facility. Feel the positive vibes, energy and balance as you enter our campus and receive the optimum impact upon your learning calibre and motivation to stay on.

What you can learn from the teacher training course in Rishikesh:

- Knowing your body through anatomy and understanding of prana
- Knowing your body through the science of Ayurveda
- Knowing the cleansing rituals (shatkarmas) and recitation of mantras
- Knowing the asanas, the right way
- Knowing more about yoga philosophy
- Knowing the yogic way of living by following daily disciplined regimen
- And more

Other activities to make your stay enjoyable:

- Friday movies
- Saturday Kirtan nights
- Sunday excursions inclusive of :
 - o Waterfall Trekking
 - o Tour of The Himalayas
 - o Orphanage School

Rishikesh is visited by innumerable students from all over the world to learn and perfect the art of yoga

and to come out with flying colors at the end of their yogic voyage and teacher training course.



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Source : Himalayan Yoga Association

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