

Get the Complete Knowledge About 500 Hours of Yoga Teacher Training in Rishikesh



Rishikesh, Uttarakhand Feb 12, 2022 ([Issuewire.com](https://www.issuewire.com)) - The [500 hours YTTC Rishikesh](#) is one of the ideal courses for all types of students. Beginner students who want to gain precise knowledge about Yoga can pursue this course. And those who wish to continue Yoga as a profession and want to have a healthy lifestyle can also get these courses with the best 500 hours of Yoga Teacher Training in Rishikesh.

Details About the 500 Hours YTTC Rishikesh

The name of the course is 500 hours Yoga Teacher Training Rishikesh, Ashtanga, Vinyasa & Hatha Yoga TTC. The training is given in languages like Sanskrit, Hindi, and English. The duration of the course is about 60 days.

In the 500 hours YTTC Rishikesh course, the professional teachers teach about the fundamental concept of Yoga which includes Hatha Yoga. About some basic knowledge, descriptions, and Asanas,

Pranayama is practiced. They give you the ability about the advanced level of Yoga which includes 196 sutras of Patanjali Yog Darshan Hatha Yoga. And if you have some basic knowledge about Yoga, this will be easy for you to understand

What is the course of content in 500 hours at YTTC Rishikesh?

[500 hours Yoga teacher training Rishikesh](#) course includes about 60 days of practice. They teach you about various Yoga in this course. Below is the list of Yoga that is practiced:-

- **ASHTANGA VINYASA ASANAS:** Ashtanga Vinyasa is an important part of 500 Yoga Teacher Training Rishikesh. This Yoga helps to bring discipline to your lifestyle. In the practice of this Yoga, it unites your body, mind, and breath.
- **HATHA YOGA ASANAS:** 500 hours YTTC Rishikesh helps students gain comprehensive and complete knowledge about the Yoga posters. This course prepares them to learn about further aspects of Yoga in life.
- **PRANAYAMA:** The pranayama in this course helps you beautify the Nadis or the energy channels. They help to stay energetic and enthusiastic.
- **MEDITATION:** Meditation helps to keep your body and mind calm. It allows you to gain peace of mind and removes all the impurities, stress, and anxiety.
- **SHATKARMAS / CLEANSING ACTION:** The Shatkarmas are essential for Hatha Yoga. This Yoga is used to remove all the toxins from your body and soul.
- **ANATOMY & PHYSIOLOGY:** Anatomy in Yoga is used as an essential aspect to understanding the internal view of Yoga.
- **INTEGRATED YOGA THERAPY:** 500 Hours Yoga Teacher Training Rishikesh focuses on all the elements of Yoga that heal the mind, the body, and the soul.
- **PATANJALI YOGA SUTRAS STUDY:** This course consists of the basic knowledge about Patanjali, the hindrances in the path of Yoga, describe all the divine powers, and the basic understanding of Kaivalya.
- **HATHA YOGA STUDY:** [Hatha Yoga](#) includes a group of yoga postures and breathing control techniques.
- **TEACHING METHODOLOGY & PRACTICE:** In this course, the professional teachers teach the students to gain knowledge about and become excellent and qualitative Yoga instructors.
- **EVALUATION CRITERIA:** The experienced teachers will judge you based on the results of the classes. They check the attentiveness and behavior of the students.

What is the Registration & Payment Procedure for 500 hours YTTC Rishikesh?

The students who want to enroll themselves in this course can apply on the registration form given on the official link of the website. You can fill out the form on the official website and submit it. After submitting the form, you will get a confirmation email where the link for the booking amount has been given.

After clicking on that link, you can transfer the registration fee of about a hundred USD to book your slot in Om Yoga International. You can make the payment from PayUMoney. And for the people who are outside India can pay from PayPal. The amount you have to pay as the confirmation fee is a part of the fee for the entire course.

After transferring the booking amount, you will get a confirmation email within two days. The email will have information on The Course-name. It will have to check-in and check the check-out, the course's starting and ending date, the amounts transferred for the booking, and it will have the pending quantity

you have to. And this email confirms your seat in the organization for the course.

Conclusion:-

Om Yoga International is one of the renowned yoga teacher training associations. The courses offered here are the best. The organization has professional and skilled teachers who teach the students about various aspects of Yoga in daily life. The organization provides multiple courses, and they have benefited many students.

The courses are offered at an affordable price. It is high time to book your slots if you want to become a professional yoga instructor worldwide. You will get the best knowledge about the traditional Yoga practiced by the ancient people.

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