

How will it be to do 200 hour Yoga Teacher Training course from Rishikesh, India ?



Babylon, New York Oct 11, 2022 ([Issuewire.com](https://www.issuewire.com)) - Hari Om Yoga Vidya School has been established as one of the best yoga schools in India for many years. We offer you a deep spiritual experience with expert yogis as your instructor. We always focus on conducting small and familiar class settings for providing individual and customized attention to all students. We strive to create a clean atmosphere to have a good bond between students, teachers, and the whole team. Hari Om Yoga Vidya School is highly renowned for the quality of teachers, several facilities, and a loving and supportive class style. Our yoga centre in Rishikesh has crafted courses most exclusively and uniquely, allowing you to be a motivated yoga teacher. The pathway of Yoga is highly immersed in tradition and is evolving and taming spiritual mindfulness and consciousness among millennial aspirants. Hari Om Yoga School is a guiding light that illuminates your path while shaping practices in the World of Yoga. We are Yoga Alliance registered school.

If you are thinking of pursuing a yoga course to teach others, it is a good time. The world has awakened to the benefits of yoga. There has been changing in the air for the last decade after people realized the therapeutic benefits of yoga, but talks about immunity and strengthening of the respiratory system have assumed a stronger form, after the pandemic. Moreover, it is important for one and all to note, that yoga is not just directed towards physical fitness, but towards the fitness of the mind and spirit as well. That

makes it a complete and holistic form of wellness modality.

Moreover, the [200-hour yoga teacher training in Rishikesh](#) is a traditional Himalayan form, that you will learn. Hari Om Yoga Vidya School follows stringent guidelines according to Yoga Alliance, and that is what makes the course more wholesome and globally viable. Get ready for a well-rounded and comprehensive program that involves many Indian traditions as well, as a part of the month-long program.

What You Will Learn In This Course?

The [yoga teacher training Rishikesh](#) is the ideal program for you, which includes Hatha yoga, Ashtanga-Vinyasa Yoga, and Kundalini Yoga. You will learn the various asanas as a part of the program. The alignments, modifications, and pose styles differ from one yoga genre to another, as stated above. So, you are bound to get all-around knowledge to address the needs and wants of a broad category of students. The Hatha Yoga style mainly centres around physical fitness and gives balance. After you have mastered it, you can move on to the Ashtanga-Vinyasa practice, which is more flowy and aerobic in nature. Some people may also address it as power yoga or dance movement. You can give your definition, as well.

The best yoga teacher training course in Rishikesh takes place at Hari Om Yoga Vidya School. You will learn myriad other subjects as a part of the core modules. You will also learn about various Pranayama techniques and meditation techniques. Guided meditation can help you to enhance your focus and concentration. Once you are comfortable with the practice, you can do self-practice. Apart from asanas, meditation, and pranayama, you can also engage in mudras, bandhas, kriyas, and mantra chanting. Yoga philosophy is also an important part of the program. In order to explain the significance of yoga to students, you need to know how and where it started. The Sutras and Upanishads also have a huge role to play, in yoga education. The students also learn about the human body, in the form of anatomy and physiology. The 200-hour yoga teacher training in Rishikesh will give you an overview of the intricacies of yoga.

Yoga teaching in the school, assumes a whole new form, with very personalized classes. You will learn Yoga from the Himalayan lineage at Hari Om Yoga Vidya School. The classes are not too large, so the yoga teacher gets to provide each of the students with personal attention. Moreover, you will be based near the town, but away from all the hustle and bustle of the crowds. Apart from yoga classes being held in the spacious yoga halls, you can also learn and practice amidst the hills, forests, and caves. A practice session beside the holy river, Ganga also seems to be on the cards.

Other Activities in the TTC Program

Almost all yoga schools have taken the responsibility to highlight Indian traditions in the western world. And, the way to do it, is through yoga tourism. So, as a student, when you come to Rishikesh to pursue a yoga course, you can expect to be a part of many such ceremonies. You will be amazed to know, that Hari Om Yoga Vidya school is the first yoga school to start the Fire ceremony for foreign students. It is mainly conducted on the very first day of your training.

Additionally, you will follow a sattvic diet for the entire month of practice. So, you will experience a purification of not just the mind, but of the body as well. When you land in Rishikesh, you will instantly feel the positive vibes in the air. Rishikesh is the land of temples and spirituality, so you can expect to get to know about the Vedic practices, that will aid you in your spiritual journey. The school also celebrates occasions such as International World Yoga Day and other festivals, while you are pursuing

the course. Thus, you will get complete knowledge of the entire Indian traditions and customs, through such celebrations.

When you go back, you will be totally transformed, not equipped with yoga knowledge but, knowledge of the Himalayan lineage as well. If you want to transform yourself in totality, then you should join the 200-hour yoga TTC in Rishikesh.



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