

Rishikul Yogshala Announces 100-Hour Yoga Teacher Training Course in Goa from October 7th to 17th, 2024

100 Hour Yoga Teacher Training in Goa

Goa, India Jun 28, 2024 ([IssueWire.com](https://www.issuewire.com)) - Rishikul Yogshala, a premier yoga school known for its comprehensive and transformative yoga teacher training programs, is thrilled to announce its upcoming 100-hour Yoga Teacher Training Course in Goa, India. This immersive training, scheduled from October 7th to 17th, 2024, promises to be a life-changing experience for yoga enthusiasts and aspiring yoga teachers from around the world.

Course Overview

The [100-Hour Yoga Teacher Training Course in Goa](#) by Rishikul Yogshala is meticulously designed to provide participants with a deep understanding of yoga practice and teaching methodologies. The course combines traditional yoga teachings with modern techniques, offering a well-rounded and holistic approach to yoga education. Participants will have the opportunity to delve into various aspects of yoga, including asanas (postures), pranayama (breathing techniques), meditation, anatomy, physiology, and yogic philosophy.

Key Features of the Training:

Comprehensive Curriculum: The course covers a wide range of topics essential for a thorough understanding of yoga. This includes detailed instruction on asanas, pranayama, meditation, anatomy, physiology, and the philosophy and history of yoga.

Experienced Instructors: Learn from Rishikul Yogshala's team of seasoned and highly qualified yoga teachers. Our instructors bring years of experience and a deep passion for teaching, ensuring personalized guidance and support for each participant.

Idyllic Location: Goa's tranquil beaches and lush landscapes provide the perfect backdrop for a yoga retreat. The serene environment enhances the practice of yoga and meditation, allowing for deep introspection and personal growth.

Holistic Approach: The training incorporates elements of Ayurveda and yogic nutrition, promoting a balanced lifestyle that complements the physical practice of yoga.

Small Class Sizes: With limited enrollment, we ensure individualized attention and a supportive learning environment, fostering a close-knit community among participants.

Detailed Curriculum:

- **Asana Practice:**

- Comprehensive study of key yoga postures
- Alignment, adjustments, and modifications
- Understanding the benefits and contraindications of each posture

- **Pranayama Techniques:**

- Introduction to various breathing techniques
- Benefits of pranayama for physical and mental health
- Practicing and teaching pranayama

- **Meditation:**

- Different types of meditation practices
- Techniques for cultivating mindfulness and inner peace
- Guided meditation sessions

- **Anatomy and Physiology:**

- Understanding the human body and its functions in relation to yoga
- Study of the musculoskeletal system, respiratory system, and nervous system
- Application of anatomical knowledge in yoga practice and teaching

- **Yogic Philosophy and History:**

- Study of ancient yogic texts such as the Yoga Sutras of Patanjali and the Bhagavad Gita
- Understanding the principles and ethics of yoga
- Exploration of the historical evolution of yoga

- **Teaching Methodology:**

- Techniques for effective teaching and communication
- Classroom management and sequencing of classes
- Developing a personal teaching style

What Participants Will Gain:

Enhanced Personal Practice:

Deepen your yoga practice with advanced techniques and a comprehensive understanding of yoga principles.

Teaching Skills:

Develop the confidence and skills needed to lead yoga classes, with practical teaching experience and

constructive feedback from instructors.

Personal Growth:

Experience profound personal growth as you connect with your inner self and build a stronger mind-body connection.

Professional Certification:

Upon successful completion of the course, participants will receive a [100-Hour Yoga Teacher Training Certification](#) from Rishikul Yogshala, recognized by Yoga Alliance. This certification is a stepping stone for those wishing to pursue a 200-hour certification or start teaching yoga professionally.

Why Choose Rishikul Yogshala's Training?

Rishikul Yogshala is renowned for its commitment to preserving the authenticity of yoga while making it accessible to modern practitioners. Our [100-Hour Yoga Teacher Training Course in Goa](#) stands out for its comprehensive curriculum, experienced instructors, and the serene setting of Goa. We are dedicated to fostering a nurturing and inclusive environment where students can explore their potential and build lifelong connections.

How to Enroll:

Enrollment for the [100-Hour Yoga Teacher Training Course in Goa](#) from October 7th to 17th, 2024, is now open. Spaces are limited to maintain an intimate learning environment, so early registration is recommended. To register or learn more about the course, please visit our website at [\[www.rishikulyogshala.org\]](http://www.rishikulyogshala.org)(<http://www.rishikulyogshala.org>) or contact us at +91-123-456-7890.

About Rishikul Yogshala:

Rishikul Yogshala is a premier yoga school dedicated to providing high-quality yoga education that respects and honors the tradition of yoga while making it accessible to modern practitioners. With a team of passionate and experienced instructors, we offer a range of courses and retreats designed to inspire and empower our students. Our mission is to spread the ancient wisdom of yoga to create a healthier and more harmonious world.

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Join us in Goa from October 7th to 17th, 2024, for a transformative yoga journey that will enhance your practice and provide you with the skills to share yoga with others. Embrace the opportunity to grow

personally and professionally in a supportive and inspiring environment.

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