

Rishikul Yogshala – One of the Best Yoga School For Yoga Teacher Training in India

Globally Recognized YTTC Programs for Aspiring Yoga Aspirants



Varkala, Kerala Nov 6, 2025 ([Issuewire.com](https://www.issuewire.com)) - Rishikul Yogshala – One of the Best Yoga Schools in India

Established in 2010, **Rishikul Yogshala** has gained a reputation as one of the best yoga schools for [Yoga Teacher Training in India](#). The school offers a traditional yoga experience with a modern,

international perspective, and all students — regardless of nationality — receive the same high-quality learning environment. Rishikul Yogshala's **Yoga Alliance (USA)**- approved programs provide an ideal environment for those who hope to one day serve as certified yoga teachers. At the same time, they deepen their personal practice, continue their studies on Yoga and increase their ability to teach it.

The school has centres in **Kerala, Goa, Mysore (India), and Pokhara (Nepal)**. Each location provides a peaceful environment where students can focus on learning and improving their yoga practice. These centres allow students to fully experience yoga while enjoying the local culture and natural surroundings, supporting both their skills and overall personal growth.

Yoga Programs Across Locations

Kerala – Yoga & Ayurveda Retreats

The Kerala centre offers **100 & [200 Hour Yoga Teacher Training](#)**, as well as **300 & 500 Hour Yoga Teacher Training**, along with **Affordable Yoga Retreats & Ayurveda Retreats**. Located in the beautiful backwaters of Kerala, the centre offers a calm and peaceful place to practice Yoga deeply. Students learn Yoga philosophy, meditation, pranayama (breathing exercises), and practical teaching skills, along with the traditional Ayurvedic practices of the region.

Goa – Coastal Yoga Programs

Rishikul Yogshala offers [200 Hour Yoga Teacher Training in Goa](#), **300 Hour YTTC in Goa** and also **Yoga Retreats**. The centre is near the calm and beautiful beaches of Goa, creating a peaceful place for Yoga practice. Students learn Yoga, meditation, and Pranayama (breathing exercises) in a relaxed environment. It is also a great place to rest, refresh, and enjoy the quiet beach surroundings.

Pokhara, Nepal – YTTC and Himalayan Yoga Retreats

Rishikul Yogshala in Pokhara offers [200 Hour Yoga Teacher Training in Nepal](#), **300 Hour YTTC**, **500 Hour YTTC**, and **Yoga Retreats**. Surrounded by the Himalayan foothills and calm lakes, the centre offers a peaceful, natural environment. Students can practice yoga, meditation, and mindfulness while enjoying the quiet and beautiful surroundings.

Mysore – Traditional Ashtanga Yoga

Rishikul Yogshala offers [200 Hour Yoga Teacher Training in Mysore](#) and **300 Hour Yoga Teacher Training**. Known as the birthplace of modern Ashtanga Yoga, Mysore offers a culturally rich and disciplined setting for focused, immersive learning.

Global Engagement

With a global reputation for excellence, Rishikul Yogshala is the preferred choice for students from the **United Kingdom, the United States, Canada, Australia, Spain, Germany** and many other nations. Its curriculum integrates asanas, alignment, meditation, pranayama, and teaching methodology, preparing students to become competent and internationally recognised yoga practitioners and teachers.

Holistic Learning Experience

Students benefit from:

- Certified and Experienced Yoga Teachers
- Structured Yoga Alliance-Certified Programs
- Comfortable Accommodation (Private & Sharing) and Nutritious Vegetarian Meals for Yoga Students
- Cultural and nature-based learning experiences
- Practical teaching, practice and meditation sessions

About Rishikul Yogshala

Founded a decade ago, Rishikul Yogshala has maintained the authenticity of ancient yoga and ensured well-organised, internationally recognised yoga training courses. Students receive proper guidance from the best yoga gurus and gain hands-on experience in asanas, alignment, meditation, & pranayama yoga. Each stage of the course is specifically crafted to support students in developing trust, expanding their practice, and being ready for a professional journey in Yoga.

Rishikul Yogshala has trained over **10,000 students** from around the world. Many alumni have gone on to become skilled yoga teachers and active members of the global yoga community. The school focuses on helping every student grow with confidence and expertise, not just in physical practice but as complete Yoga instructors. Along with personal development and mindfulness, students are fully prepared for internationally recognised certifications.

For inquiries, see the contact details below.



Media Contact

Gangesha Chaitanya

*****@rishikulyogshala.org

9258611240

South Cliff Beach Resort, Near Cafe Sarwaa, Thiruvananthapuram, Varkala, Kerala 695141

Source : Rishikul Yogshala

[See on IssueWire](#)