

20-Day Yoga Teacher Training in Rishikesh Combines Ayurveda and Emotional Blockage® Treatment

Yoga India Foundation introduces a compact residential program that brings together yoga teaching skills, Ayurvedic wisdom and emotional wellbeing practices beside the Ganges.



Rishikesh, Uttarakhand Oct 26, 2026 ([Issuewire.com](https://www.issuewire.com)) - Yoga India Foundation, a yoga school in Rishikesh, has announced a 20-day [Yoga Teacher Training in India](#) that combines classical yoga education with Ayurveda and Emotional Blockage® Treatment. The program is designed for people who want a focused, immersive experience without committing to a longer course, and it welcomes students from India and abroad.

Interest in **Yoga Teacher Training in Rishikesh** has grown among students who want more than physical postures. Many now look for programs that address the mind, the body and emotional wellbeing together. The 20-day course responds to this by placing yoga practice, Ayurvedic understanding and emotional release work in one structured schedule, so students can learn, reflect and apply what they study without feeling rushed.

A Course Built Around Three Connected Areas

The program brings together three areas that support one another.

- **Yoga teacher training:** Students study asana alignment, pranayama, meditation, yoga philosophy and teaching methodology. The aim is to help them practice with awareness and learn how to guide others clearly and safely.
- **Ayurveda:** An introduction to the traditional Indian system of balance, covering the three doshas, food as medicine, daily routines and seasonal habits that help people live in tune with nature.
- **[Emotional Blockage® Treatment](#):** Guided sessions that help students recognise, process and release held emotions through breath, awareness and gentle self-inquiry. These sessions are offered as a wellbeing practice and are not a substitute for medical or psychological care.

“Many people arrive at [yoga teacher training in Rishikesh](#) carrying more than they realise: stress, old habits, unspoken feelings,” at Yoga India Foundation. “We wanted a course where students can understand the teachings, look inward and leave with clarity as well as skills. Teaching yoga well begins with knowing yourself, and this program gives students time to do both.”

What a Typical Day May Include

Days follow a steady rhythm designed to support learning. Mornings usually begin with pranayama and asana practice, followed by a nourishing meal. Late morning and afternoon sessions cover philosophy, anatomy, teaching methodology and Ayurveda. Evenings are kept quieter, with meditation, guided emotional release sessions and time for rest and self-study. Students also practice teaching in small groups and receive feedback from experienced teachers.

A Setting That Supports the Journey

Yoga India Foundation is located in an ashram in Rishikesh, roughly 100 meters from the Ganges River and bordering Rajaji National Park. Rishikesh is widely known as the world capital of yoga, and the quiet surroundings give students room to slow down and focus on their training. Many travelers choose yoga in India for this kind of setting, where practice, nature and simple living come together. Students are served home-cooked vegetarian or vegan meals during their stay. The school welcomes beginners as well as those who have practiced yoga for years, and classes are taught in a supportive, step-by-step way.

Who the Course Is For

The 20-day program suits:

- Aspiring teachers who want a concentrated introduction to **yoga teacher training in Rishikesh**
- Wellness professionals, therapists and healthcare workers interested in adding Ayurveda and emotional wellbeing practices to their own work
- Travelers looking for a meaningful, structured stay in India
- Anyone who feels ready for a reset and wants to understand themselves better
- Yoga practitioners who want to deepen their knowledge before choosing a longer certification

Course Details

- **Duration:** 20 days, residential (including the arrival day)
- **Location:** Yoga India Foundation Ashram, Pashulok, Rishikesh, Uttarakhand, India
- **Certification:** Yoga Alliance RYT-200

- **Fees and inclusions:** Starting from €799. This includes accommodation, two vegetarian or vegan meals a day, a course kit (neti pot, mala, pen and notebook), five course books and booklets, seven PDF books in advance, an Ayurvedic consultation, a new yoga mat and a school T-shirt, and a one-way taxi pickup from Dehradun Airport (DED). A €300 deposit confirms your seat.

Students who want to go further can continue with the [200 Hour Yoga Teacher Training in India](#), the [300 Hour Yoga Teacher Training in India](#) or the 500 Hour program, along with specialty courses including prenatal yoga, yoga therapy and advanced pranayama. A shorter program can also be a way to experience the school's teaching style first.

About Yoga India Foundation

Yoga India Foundation is a yoga school in Rishikesh, India, offering residential **yoga teacher training in India** rooted in traditional yoga and adapted for modern students. The school has taught more than thousands of graduates from over 90+ countries (Japan, Germany, United Kingdom, United states, Austria, Switzerland, Indonesia and many more.) and brings together Eastern wisdom and Western perspectives in its teaching.

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