This New Year, don’t just wish for change, Begin it. Join Yoga Teacher Training in India with Yoga India Foundation

Yoga India Foundation opens New Year enrollment for 100, 200, 300 and 500-hour yoga teacher training courses at its Rishikesh ashram in India.



Rishikesh, Uttarakhand Nov 19, 2026 (Issuewire.com) - The Yoga India Foundation, a registered yoga school of the Yoga Alliance, in Rishikesh, is taking students for its yoga teacher training courses.

“New Year’s Day brings with it a natural hope for the future, a new start, a chance to change and improve ourselves. “Many wish to do so, but the wish often remains just a wish, without any commitment to effect the change. Our training gives people a way to make the change with daily practice and through the clear and supportive guidance of experienced teachers.”

Courses of 100, 200, 300 and 500 hours are residential, and are available at the ashram in the foothills of the Himalayas adjoining Rajaji National Park. Classes are available in English, German, French and Spanish. Additionally, a 200-hour course is available online.

Course Options

The 100-hour course spans 10 days and is an introduction to yoga studies. The **200 hour yoga teacher training in India** course spans 18 days and is recognized by Yoga Alliance as RYS 200. The 300-hour course spans 21 days and is open to candidates who have completed the 200-hour training. It is recognized as RYS 300. The 500-hour course spans 39 days and combines the 200-hour and **300 hour yoga teacher training in India** courses and is recognized as RYS 500.

Upon completion of the 200, 300 or 500-hour courses, the school awards certificates to the students. Students are eligible to register with Yoga Alliance, an international body that lays down standards for teacher training in yoga, as RYT-200 or RYT-500 teachers.

Curriculum

The **Yoga Teacher Training in India** is based on traditional Hatha yoga with Ashtanga as a sub style. As well as hatha and ashtanga yoga practices, students learn yoga anatomy, pranayama, meditation, ayurveda, and yoga philosophy as well as practices of pre- and post-natal yoga, shatkarma, mantra chanting and kids yoga and teaching methodology. Lastly, students learn Emotional Blockage® Treatment, a technique used by the school to restore emotional balance.Courses start with the foundations of yoga and cover the importance of breathing through the nose. Students are taught yoga philosophy as well as the science behind yoga practices using traditional and modern approaches including psychology and anatomy.

"Students of every level are welcome. We teach each practice scientifically so that students can easily learn, understand and practice in their daily life. Our values are love and freedom."

Teachers and Accommodation

The school states that its teachers hold Master’s degrees or PhDs in Yoga, Ayurveda, Yogic Science or related fields. They include Bipin Gyan Ji, who holds an MA in Yoga and E-RYT-500 status, and Dr. Vipul Kumar, who holds a PhD in Ayurveda. Students live at the ashram in shared or private rooms and receive vegetarian or vegan meals. Yoga props are provided during classes.

A regular asana practice is not required before joining, according to the school, although it recommends a few earlier yoga classes and a sincere commitment to complete the training.

Fees and Offers

The 200-hour course is reduced by up to 35 percent from its regular prices between 1,200 and 2,300 euros (based on the type of accommodation selected). The 300-hour course is reduced by 25 percent and costs 1,800 euros; the 100-hour course is reduced by 30 percent and costs 450 euros; and the 500-hour course is reduced by 20 percent and costs 4,000 euros.

The school also offers a 300-euro discount for bookings made three months in advance, and a 10 percent discount for bookings made within 7 days of the arrival date. The terms and conditions apply.

Student Feedback

The school reports an overall rating of 4.9 out of 5 from more than 1,240 reviews on platforms that include Google and TripAdvisor. According to the school, thousands of graduates from more than 90+

countries have trained at the ashram over the past decade. They include students from the United States, Germany, Spain, Austria and Switzerland, among many others.

“Students come to Rishikesh from every part of the world, and each group becomes a small community during the course, “We encourage anyone considering the training to contact us before booking. Students can ask questions about the course, the teachers, travel and visas, so they arrive prepared and comfortable.

Registration

Course schedules, prices and room options are available at https://yogaindiafoundation.com/. Prospective students can also contact the school by email or WhatsApp.

About Yoga India Foundation

Yoga India Foundation is a yoga school and ashram in Rishikesh, Uttarakhand, with an additional office in Frankfurt, Germany. The school teaches traditional yoga, Ayurveda and meditation through teacher training courses registered with Yoga Alliance.

Media Contact

Yoga India Foundation

*********@yogaindiafoundation.com

Nirmal B Block, Pashulok

https://yogaindiafoundation.com/

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