



Rishikesh Yog Kendra

Rishikesh, Tapovan, India



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Greetings

Namaste Dear,

Greetings from the Rishikesh Yog Kendra Family 🙏

Great that you are ready to explore the exciting world of Yoga on a deeper level at Rishikesh Yog Kendra in our **200 Hours Yoga Teacher Training Course, which starts on 3rd of every month.**

We have availability & we cordially invite you to join us to experience yoga as you have never before.

👉 200 Hours TTC:

Be ready to get indulged in our magnetic yoga program from all over the world. To experience the true meaning of peace between the arms of green nature, we welcome all the future yogis to join this beautiful experience.

This course is created for individuals who aspire to become a yoga teacher but is appropriate for anyone wishing to expand their yoga practice further.

This course is truly a unique experience that will change your life for the better forever. No matter what your original intention is, you can be sure to gain strength, flexibility, and inner balance and learn how to connect your body, mind, and soul.

🧘 Are Beginners Welcome?

Absolutely! Our course is designed for yogis of all levels. Whether you're just starting your yoga journey or you've been practicing for years, you'll find the perfect balance of challenge and support to help you grow and evolve.

Course certification:

Rishikesh Yog Kendra is a registered Yoga School under the Yoga Alliance USA (an Internationally Recognized Alliance)

Certified yoga teachers from Rishikesh Yog Kendra are eligible to teach & open their own yoga school anywhere in the world.

About Teachers:

We have a great team of Yoga Gurus (masters), both male and female, who are predominantly selected for yoga teacher training programs being registered yoga teachers, Mastered in yoga science & PhD with many years of yoga teaching experience in various countries around the world, some are even gold medalist and come from the lineage of the Himalayan yogis.

Throughout the course, students pursue a yoga alliance-approved curriculum in a nurturing and supportive classroom environment.



Vimlesh Joshi Ji

*Ashtanga, Vinyasa, &
Aerial Yoga*



Neha Thakur Ji

*Yoga Anatomy, Pre & Post
Natal, & Sound Healing*



Rahul Ji

Hatha, Vinyasa Yoga



Saurabh Ji

Hatha, Meditation



**Swami
Yogendra Ji**

*Yoga Philosophy, Yog
Nidra, Meditation*



Ritu Ji

Meditation

Arrival & Departure:

To attend the opening ceremony, you have to be in school on the 3rd of the month, and you should wear white clothes during the fire ceremony (Hawan) as a symbol of purification. Your graduation ceremony will take place on the 24th of the month, and you should plan your departure the next day after completing the course.


What is the best way to Reach us in Rishikesh?

The best and most convenient way to travel to Rishikesh is to take a flight from Delhi airport to Dehradun airport as it's less expensive than a taxi and is time-saving.

Dehradun airport is merely 15 km from school; as soon as you book your flight, forward us your flight details, and we will send our school driver to receive you from Dehradun airport.

Other Modes of Transport:

 **Bus** - ISBT - Kashmiri Gate (Delhi) to Rishikesh. (Travel time 5 to 6 hours)

 **Train** - New Delhi Railway Station to Rishikesh Station, then Tuk-tuk or Taxi. (Travel time 5 to 6 hours)

Subjects covered:

- ✓ Traditional Hatha Yoga (Theory & Practical)
- ✓ Vinyasa Flow (Theory & Practical)
- ✓ Traditional & An Ancient Meditation (Dhyana)
- ✓ Trataka (Tantric Meditation Practice)
- ✓ Mantra Chanting (Recitation of Sacred Sound)
- ✓ Yoga Anatomy & Physiology
- ✓ Yoga Alignment & Adjustments
- ✓ Pranayama (Advanced Breathing Exercises)
- ✓ Shatkarma (Various types of Yogic Cleansing Exercises)
- ✓ Yogic fasting and cleansing technique
- ✓ Yoga Nidra (Yogic Sleep)
- ✓ Yoga Gestures (Mudras)
- ✓ Energy Lock (Bandhas)
- ✓ Yoga Philosophy (Yoga Darshana)
- ✓ Teaching Practice (Adhyapanam)
- ✓ Bhakti Yoga



👉 **The complete course fee of 999 USD includes the following:**

Course Fee:

- 749 USD (Four Shared)
- 799 USD (Shared Room)
- 999 USD (Private Room)

Note:- If any month fee discounted is offered then it will be shown to you on our website.

- ✓ Fire Ceremony (Hawan) as Inauguration Program 🔥
- ✓ 22 days of intense Yoga Classes 🧘
- ✓ 7 Hrs to 8 Hrs classes Every day
- ✓ Course duration- 2nd- Arrival - to 25th by 12 noon departure of every month
- ✓ 200-Hours RYT Yoga Alliance Certification
- ✓ 24 Days Accommodation with Spacious Space, Private Balcony and Mountain View
- ✓ 3 Times daily nutritious vegetarian or Vegan meals
- ✓ Amenities upon arrival - toilet paper, soap etc.
- ✓ Filtered Drinking Water
- ✓ Weekend excursions
- ✓ Himalayas sightseeing trip
- ✓ Course material such as Manuals, Books, notebooks & stationery, Jal neti pot & Rubber Neti, Eyes Cup,
- ✓ Beach Yoga
- ✓ World Famous Ganga Aarti
- ✓ 24/7 Free High Speed Internet Connection
- ✓ Bhakti Yoga Classes
- ✓ Complimentary Sound Healing and Kirtan Sessions
- ✓ Complimentary 1 Ayurvedic Massage
- ✓ Special Yoga Nidra Classes
- ✓ Chakra Meditation Classes
- ✓ Special Yoga Workshop During the Training From Guest Lectures
- ✓ Weekly Room Cleaning
- ✓ E-books of the most important yoga books
- ✓ Yoga Mats and material for all activities
- ✓ FREE Airport Pick Up 🚗 from Dehradun Airport
- ✓ Graduation Ceremony
- ✓ Extra Night INR 2000 with Breakfast.

How YOUR DAY WILL LOOK LIKE?



Every class is vital for you to grow and learn about yoga. Following the whole schedule helps you in learning so much. The daily schedule has been set for students and you have to follow it strictly. Attending all classes is mandatory.

☛ What is not included?

Air-conditioner - (On Additional Charges)

Room Heater - (On Additional Charges)

🍴 About Food:

Ah, the food! We know that nourishment is key to a fantastic yoga training experience. We care for special dietary requirements such as dairy-free, gluten-free, sugar-free, vegan, and vegetarian. Our chef is always kind to take care of our student's needs regarding the meal.

If you follow a special diet or have a different allergy/intolerance than those mentioned above, kindly let us know prior to your booking so we can check the possibility with our kitchen staff.

It's never late to start new beginnings and execute what has been a dream for a long time.

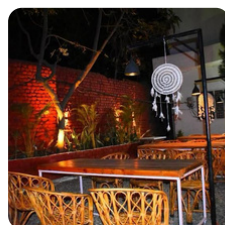
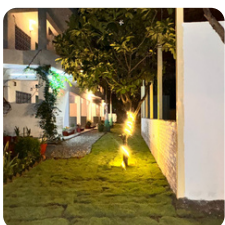
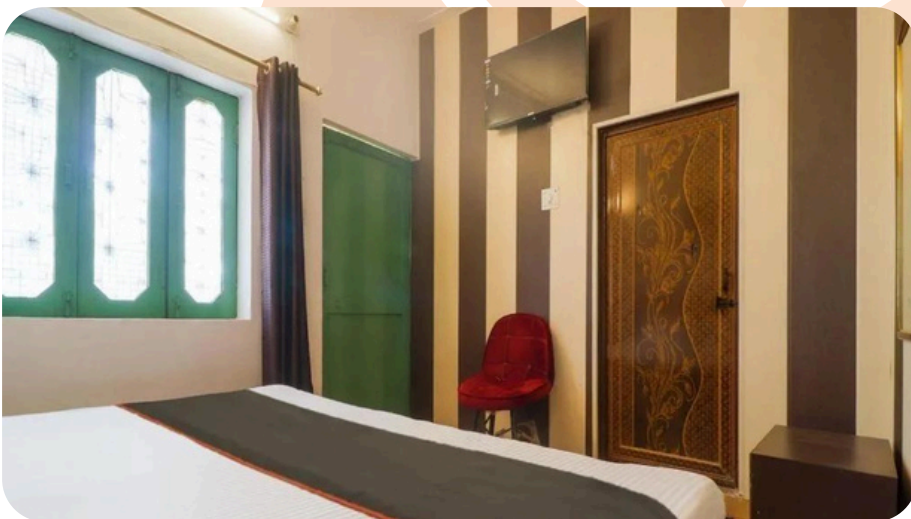
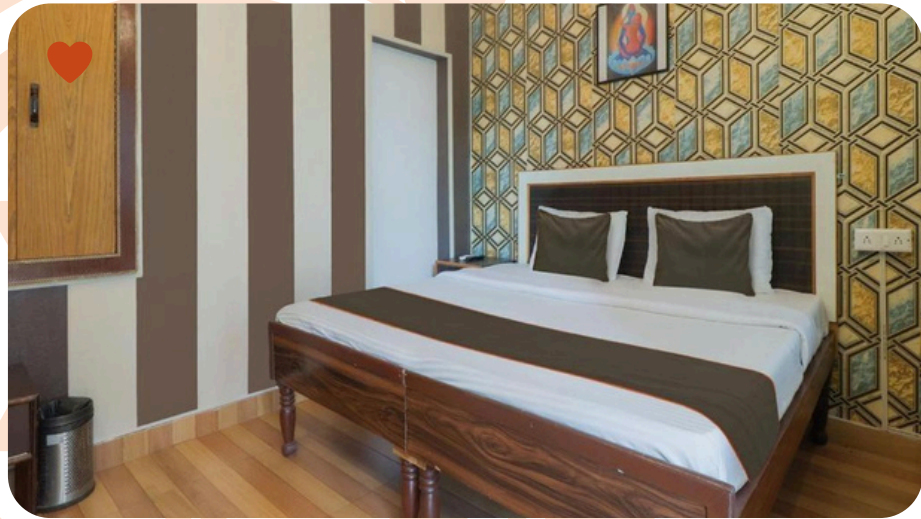
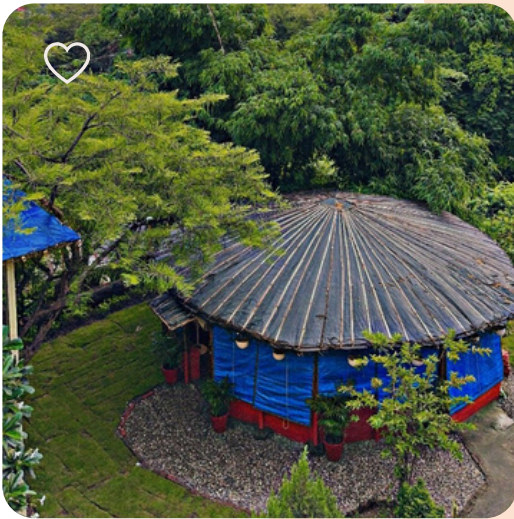
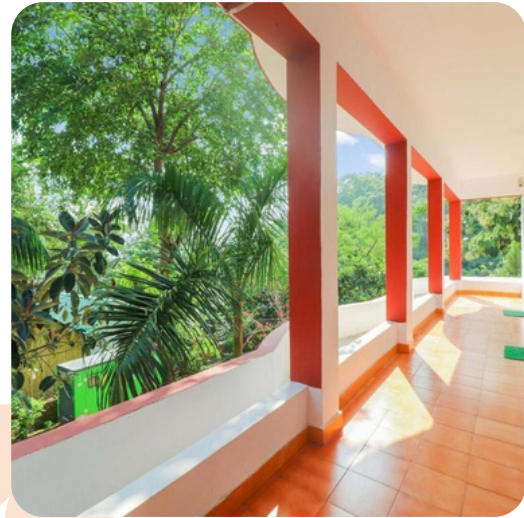




OUR SCHOOL

At Rishikesh Yog Kendra, we believe in creating a world where everyone can live in peace and happiness. Recognized as one of the best yoga schools in Rishikesh, we offer a deep spiritual experience led by experienced yogis. Our focus is on small, friendly classes that provide personalized attention, fostering strong connections between students, teachers, and our team. Our courses are uniquely designed to inspire you to become a dedicated yoga teacher, blending tradition with modern spiritual awareness.

Set in a serene, green space, Rishikesh Yog Kendra offers a peaceful environment with a beautiful garden, a relaxing dining area, and clean, comfortable rooms. Our school is dedicated to supporting your yoga journey in a nurturing and inspiring atmosphere.



CONTACT US



Rishikesh Yog Kendra

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