

100 HOUR YOGA TEACHER TRAINING IN RISHIKESH

***Affordable 100-Hour Hatha and Ashtanga Yoga Teacher Training Course in Rishikesh,
Certified by Yoga Alliance USA in Rishikesh, India at Rishikesh Yoga Retreats.***

**Rishikesh Yoga Retreats, Registered Yoga School with Yoga Alliance USA offers 100
Hours Traditional Hatha and Ashtanga Yoga Teacher Training in Rishikesh,
India.**

100-hour yoga TTC in Rishikesh is a part of 200-hour Yoga Teacher Training, this course is convenient for those students who have the intention to complete 200 hours course in two parts. You are allowed to complete the beginning section of the 200-hour yoga TTC which is 100 hrs yoga TTC with us and After completing the first 100-hour yoga teacher training you are free to complete the remaining 100 hours within the next two years in any month when you have time to visit again at Rishikesh Yoga Retreats.

100 HOUR YOGA TEACHER TRAINING IN RISHIKESH : OVERVIEW

Small group of students upto 15 for personalize training.

Develop and Deepen your practice of Asanas involved in Hatha and Ashtanga

Daily Pranayama, Chanting and Meditation sessions.

Brief understanding of Ayurveda, Detoxification and deep cleansing of the body through shat Kriyas

14 Days Accommodation(Private single room with attached bath) & 10% discount if shared

Three Daily Meals with herbal teas & a weekly cooking class of Indian Traditional dishes.

Free Wi-Fi, Yoga Materials, Washing Machine for Laundry & Library Facility

Enjoy the adventure tours on Sundays:- River Rafting or Mountain Camping, Trekking, Sunrise of Kunjapuri Devi Temple & Waterfall.

DAILY SCHEDULE - 100 HOUR YOGA TEACHER TRAINING IN RISHIKESH

- » 05:30 am - Wake Up
- » 06:00 am - Herbal Tea
- » 06:15 am - Shatkarma/Yogic cleansing
- » 06:30 am - Pranayama and Chanting
- » 07:30 am - Yoga Asana
- » 09:00 am - Breakfast
- » 10:30 am - Yoga Anatomy
- » 11:30 am - Yoga Philosophy
- » 12:30 pm - Lunch
- » 04:30 pm - Yoga Breathing | Yoga Nidra
- » 05:00 pm - Hatha/Ashtanga Yoga Asana
- » 06:45 pm - Pranayama | Meditation
- » 07:15 pm - Dinner
- » 10:45 pm - Lights Out

Note: This is a tentative schedule. This may change according to the climatic situations.

100 HOUR YOGA TEACHER TRAINING IN RISHIKESH

100 HOUR YOGA TEACHER TRAINING RISHIKESH - SYLLABUS

Tadasana

Vrkasana

Utthita Parsvakonasana

Utthita Trikonasana

Parivrita Parshvakonasana

Prasarita Padottanasana

Parsvottanasana

Parivrita Trikonasana

Virabhadrasana 1 and 2

Garudasana

Padangustasana and Pada Hasthasana

Utthita Hasta Padangusthasana

Jathara Parivartanasana

Navasana

Urdhwa prasarita padasana

Plank

Vrkasana

Utthita Parsvakonasana

Utthita Trikonasana

Parivrita Parshvakonasana

Prasarita Padottanasana

Parsvottanasana

Parivrita Trikonasana

Virabhadrasana 1 and 2

Garudasana

Padangustasana and Pada Hasthasana

Utthita Hasta Padangusthasana

Jathara Parivartanasana

Navasana

Urdhwa prasarita padasana

Marichyasana

Jathar parivartanasana

Balāsana

Supta Padangusthasana

Dandasana

Paschimottanasana

Upavista Konasana

Baddha Konasana

Tiriang Mukha Eka Pada Padchimotanasana

Krounchasana

Gomukhasana

Utthita Hasta Padangusthasana

Padmasana

Savasana

Shaithilyasana

Padmasana

Swastikasana

Siddhasana

Vajrasana

PRANAYAMA

Yogic breathing

Bhastrika

Surya Bhedi and Chandra Bhedi

Bhramari

Nadi Shodhan

Ujjayi

Sheetali, Seetkari

Shatkriya (purification Process) – Shatkriya is also know as shatkarma refers to the Yogic practices involving purification of the body.:

Neti (Nasal cleansing excercise)

Kunjal Kriya (abdominal cleansing is the most effective yogic techniques to help digestive system.),

Tratak (Psychic purification- It is said to bring energy to the "third eye" and promote various psychic abilities.),

Bandhas (Energy Locks) – Technique, teaching, method, application, contraindication and benefits of:

Mool bandha,

Uddiyan Bandha,

Jalandhar Bandha,

Maha Bandha.

Mudra (gesture of energy)- Technique, teaching, method, application, contraindication and benefits of:

Gyaan mudra

Chin mudra

Kaaki mudra

Shambhavi mudra

Dhyana/Meditation

Breathing Awareness Meditation

Om Meditation

Trataka

Dynamic Meditation

Mantra Meditation

Cyclic Meditation

MANTRA RECITATION

Ganesha Mantra

Guru Mantra

Shakti Mantra

Gayatri Mantra

Mangalacharan Mantra

Shanti Mantra

Brahma Mantra

YOGA PHILOSOPHY : Student is going to gain the sacred knowledge and also the real yogic life. Patanjali Yoga Sutras are going to be understood and implement at every moment of the day. This is how personality can be changed to balanced life (Sthitaprajna/Yogi).

Introduction: Origin and History of Yoga

Panch Koshas: The five sheaths of existence

1: Annamaya kosha and the organs of actions

2: Pranmaya Kosha and Pranic classification; Shat chakra samanvaya (six vortices of energy), Nadis (circuitary of pran), Kundalini (the store house of universal potential), Granthis (complexes).

3: Manomaya Kosha and organs of senses.

4: Vigyaan maya kosha and the subconscious states; Samskaar and Birth.

5: Anandamaya kosha and the supra consciousness; the states of Samadhi and pure awareness.

Yoga as an Evolutionary Science.

Consciousness and Yoga

Elements of Universe: The process of evolution according to Samkhya Darshan

Raj Yoga (Yogic psychology)

Ashtanga Yoga: Eight stages of self balancing and realization

1: Yama: Social codes of conduct

2: Niyama: Moral codes of conduct

3: Asana: Posture

4: Pranayama: Breath control

5: Pratyahar: Sensory withdrawl and relaxation of mind.

6: Dharna: Channelising the mind and gaining stability

7: Dhyaan: Meditation

8: Samaadhi: Attainment of Ananda.

Yoga Sutras of Patnaji

Hatha Yoga Pradeepika: A comprehensive encyclopedia of Hatha Yoga.

Bhagwad Geeta: Exploring the dynamics of Psyche.

Ayurveda

1: Principles of Ayurveda, (Dhatus & Doshas)

2: Ayurvedic body types

3: Swasthviritta (the circle of health)

YOGA ANATOMY AND PHYSIOLOGY :

Neuromusculoskeletal system

Cardiovascular system

Respiratory system

Endocrine System

Nervous system

Strength & Endurance

Symptoms scale (Swadhyaya)

Research

SCHEDULE - 100 HOUR YOGA TEACHER TRAINING IN RISHIKESH

100 Hour Yoga Teacher Training in Rishikesh (Private Single Room)- **28 Oct To 10 Nov 2018** : \$700
USD

100 Hour Yoga Teacher Training in Rishikesh (Private Single Room)- **02 Dec To 15 Dec 2018** : \$700
USD

100 Hour Yoga Teacher Training in Rishikesh (Private Single Room) - **06 Jan To 19 Jan 2019** : \$700
USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room) - **03 Feb To 16 Feb 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 March To 16 March 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 April To 16 April 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 May To 16 May 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 June To 16 June 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 July To 16 July 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 August To 16 August 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 Sept To 16 Sept 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 Oct To 16 Oct 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 Nov To 16 Nov 2019** : \$700 USD

[100 Hour Yoga Teacher Training in Rishikesh](#) (Private Single Room)- **03 Dec To 16 Dec 2019** : \$700 USD