

# 200 HOUR YOGA TEACHER TRAINING IN RISHIKESH INDIA

Rishikesh Yoga Retreats invites you to join their yoga teacher training in the yoga capital of the world. Set in a stunning location and with modern facilities, near the beach of holy river Ganga. Our [200-hour yoga teacher training in Rishikesh](#) offers intimate class sizes for personalized monitoring and a very rare opportunity for you to fully immerse yourself into the yogic life. This [Hatha & Ashtanga yoga teacher training](#) on the foothills of Himalayas is a traditional style of yoga, comprehensive and genuine knowledge of philosophy, yogic life, asana-pranayama, anatomy, meditation-breathing techniques, mantra-chanting, spiritual life, and much more. You will learn from enthusiastic yoga teachers who have studied yoga, meditation, and spiritual techniques from yoga universities (Gurukulam) since their childhood.. The focus of this yoga training is on practicing, embodying, and sharing the practice of yoga. Away from all the normal distractions that often disturb your yoga practice, this training will bring your skills to a whole new level.

## 200 Hour Yoga Teacher Training Daily Schedule

- » 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, may change according to the climatic situations.

## 200 HOUR YOGA TEACHER TRAINING IN RISHIKESH : OVERVIEW

200 Hour. International Yoga Certification through the Yoga Alliance

Affordable 200 Hour Yoga Teacher Trainings Course in an incredibly stunning & peaceful setting. Small group of students upto 15 for personalize training

In-depth study of Asanas or body postures involved in Hatha and Ashtanga

Meditation and healing spiritual lessons to strengthen the mental strength, Mantra Chanting and its vibrational benefits, Brief understanding of Ayurveda and Indian detoxification practices

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

28 Days Accommodation(Private single room with attached bath) & Get Attractive discount if shared

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

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

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

## **ACCOMMODATION**

- Simple and clean accommodation.
- Three pure vegetarian meals per day (breakfast, lunch, dinner) and herbal tea.
- Course material is provided.
- ATM facility within 100 feet distance, Post office facility within 200 feet distance and sacred river in 300 feet distance.
- Doctor on call facility.
- Travel Services.
- General stores and basic need shops are within 50 feet distance.

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**[Schedule for 200 Hour Yoga Teacher Training in Rishikesh 2018](#)**

- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**23 Sept to 20 Oct 2018:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**28 Oct To 24 Nov 2018:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**02 Dec To 29 Dec 2018:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**06 Jan To 02 Feb 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 Feb To 02 March 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 March To 30 March 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 April To 30 April 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 May To 30 May 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 June To 30 June 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 July To 30 July 2019:** USD 1350 (Private Single Room) / USD 1200 (Shared Room)
- [200 Hour Yoga Teacher Training in Rishikesh, India](#)  
**03 Aug To 30 Aug 2019 :** USD 1350 (Private Single Room) / USD 1200 (Shared Room)