

200 HOUR YOGA TEACHER TRAINING COURSE KERALA

About **Rishikul Yogshala**

"Revealing wisdom and its cause"

Rishikul Yogshala is a school that's been certified by Yoga Alliance. We're here to help you discover real yoga and have meaningful experiences. Our caring teachers use ancient practices to improve your overall well-being. We also offer detailed courses for those who want to become yoga teachers. Come with us on a journey to learn more about yourself and find balance in life. Start experiencing the true heart of yoga with us today.





COURSE OVERVIEW

DATE	Starts on 1st to 25th of every month (Contact us for customized dates)
DURATION	25 Days program
YOGA STYLE	Hatha, Vinyasa And Ashtanga



WHY CHOOSE US

- Authentic Yoga Education
- Experienced Instructors
- Perfect Natural Site
- Holistic Curriculum
- Comfortable Accommodations
- Healthy Meals
- Competitive Pricing

SYLLABUS

- MODULE 1 Yoga Philosophy and History
- MODULE 2
 Asana Practice (Ashtanga and Hatha Yoga)
- MODULE 3 Pranayama and Meditation
- MODULE 4 Anatomy and Physiology
- MODULE 5 Vinyasa Flow Yoga

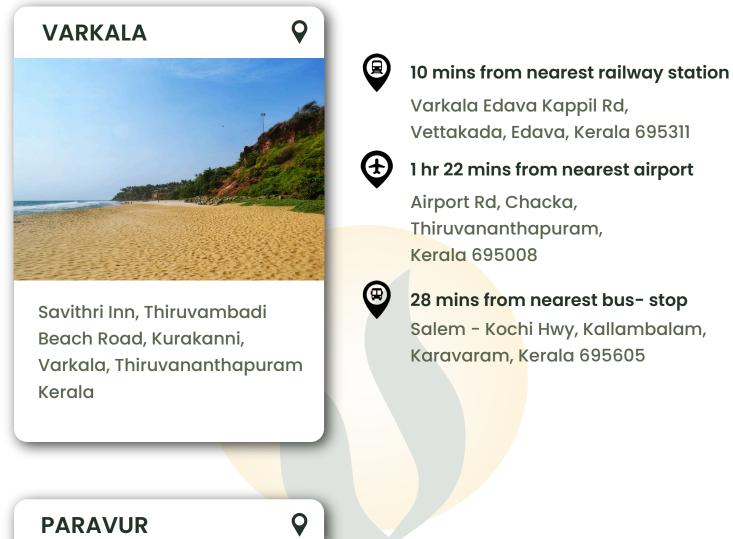




- MODULE 6 Teaching Methodology
- MODULE 7 Business of Yoga
- MODULE 8 Final Evaluation and Graduation



OUR LOCATIONS





The Kerala Retreat Kalakkode, Patambil, Bhoothakulam, Paravur, Kollam, Kerala

10 mins from nearest railway station Paravur, Kerala 691301



1 hr 30 mins from nearest airport

Airport Rd, Chacka, Thiruvananthapuram, Kerala 695008



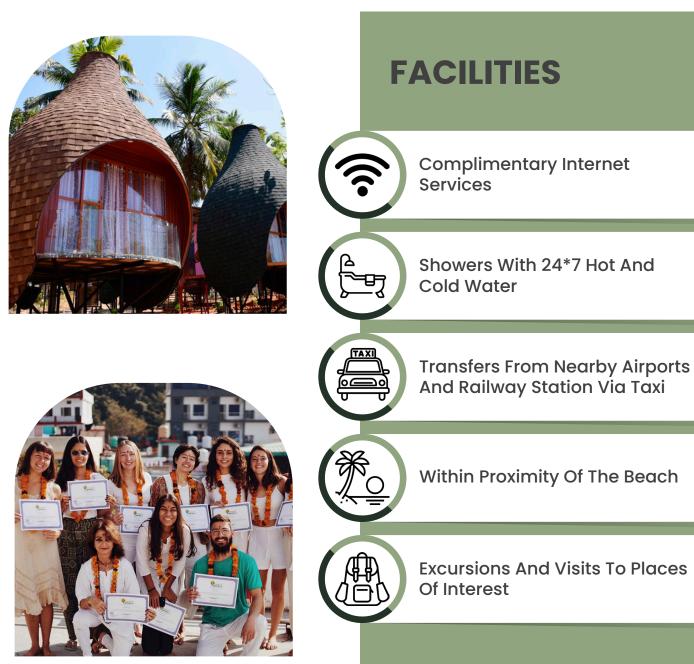
20 mins from nearest bus- stop Parippally, Kerala 691574

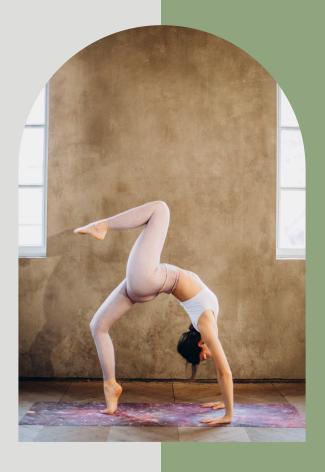
SHARED ROOM

\$1300

PRIVATE ROOM

\$1500







Contact us

+91 8433225327

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S www.rishikulyogshala.org

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