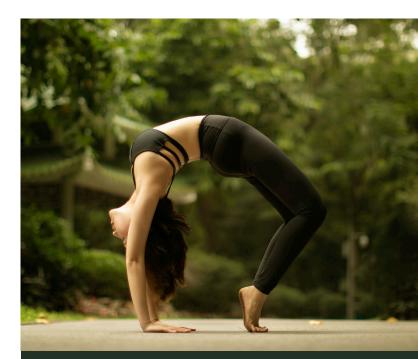


500 HOUR Yoga teacher training course kerala

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 & 6th of the month (Contact us for customized dates)
DURATION	59 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 3

MODULE 4

MODULE 5

Styles)

Control

- MODULE 1 Yoga Philosophy and History
- MODULE 2 Anatomy and Physiology

Asanas (Hatha and Vinyasa

Meditation and Mindfulness

Pranayama and Breath

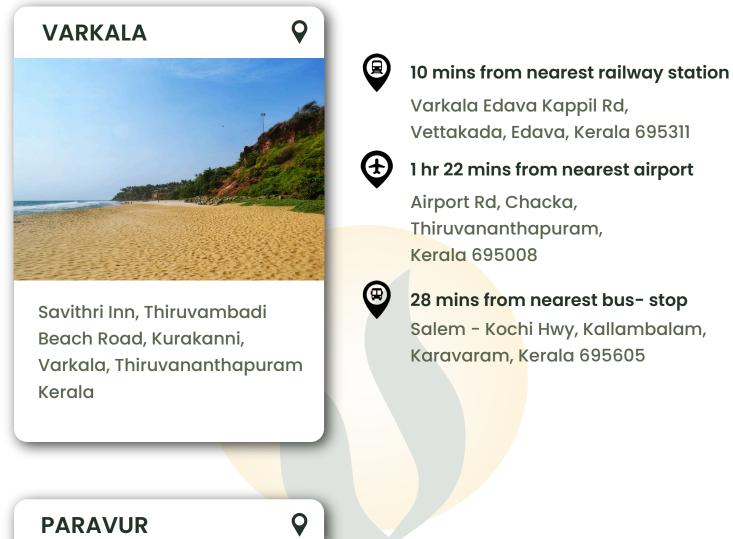


- MODULE 6 Mantra and Chanting (30 Hours)
- MODULE 7 Teaching Methodology

P

- MODULE 8 Practicum
- MODULE 9 Yoga Ethics and Lifestyle
- MODULE 10 Specialized Workshops

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

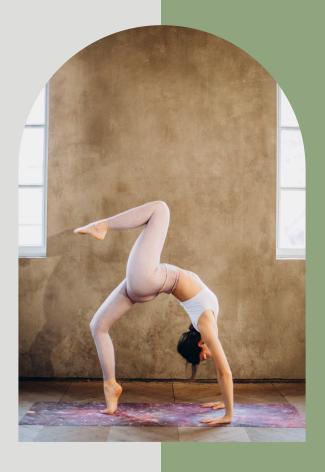
SHARED ROOM

\$2300

PRIVATE ROOM

\$2850







Contact us

+91 8433225327

info@rishikulyogshala.org

S www.rishikulyogshala.org

Revealing the Wisdom & its Cause