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Become a Certified Yoga Teacher in 1 Month

Location **South East, Middlesex**
https://www.freeadsz.co.uk/x-169578-z

Yoga Chakra The 200 hour yoga teacher training in Rishikesh, India fully trains you in yoga with self-assurance and brilliance. This program encompasses all the fundamentals of yoga, breathing, postures and meditation. Read below and get an insight of what you will learn in the 200 Hour Yoga Teacher Training in Rishikesh. Yoga Posture (100 hours)- Students will be taught extensively about all the 75 basic yoga poses along with the alignment rules, risks and benefits of different Yoga poses, counter poses and use of props for different asana. This session of Yoga training includes learning of major kinds of asanas like Sun Salutations, Inversions, Bends, Twists and Arm Balances. Students will be first given grounding on the techniques of Yoga and then they will be performing all postures along with under guidance of teachers. Methodology (35 hours) â€“ Students will be instructed about time management and will be given training so that they can themselves conduct a yoga class later in their lives. The main motive to spend these 35 hours for methodology is to build up confidence in students. Physiology and analysis (20 hours)- This session comprises of teaching healthy movement patterns and benefits to different organs of body by different asanas. Students will be taught the sequencing of different asanas. Duration of different asanas and the pace of transition are also imparted to students. Ethics and Lifestyle of Yoga (30 hours) â€“ Well, yoga is a different world. Its techniques and everything is just so simple. In these 30 hours, students will be taught about traditional texts such as Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita. Apart from this, concept of dharma, karma and and ahimsa is also instilled in students. In a nutshell, students are made to understand the value of yoga as a service to bring peace in others life. Yoga sessions generally focus of waking up early, say 5 am and get back to sleep early, say 10 pm. It aims at moulding the traineeâ€™s lifestyle in a healthy way. Workshop (15 hours) â€“ This session will give the final touch up to the whole session. The trainee will play the role of lead instructor in yoga class. Training ends the [illegible] session. Workshop [illegible] are a [illegible] an interactive [illegible] the world's [illegible] 200 [illegible] teacher [illegible] will not [illegible] you to discover yourself but [illegible] educate [illegible] group of other students in [illegible] the [illegible] this program will [illegible] doubt give you a transformational experience. Course [illegible] 1200 [illegible] Includes [illegible] accommodation, [illegible] training, [illegible] Material, Certificate by Yoga Alliance USA Mail us for available training.

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