

300 hour yoga teacher training course in rishikesh, India



Location **North, Tyne And Wear**
<https://www.freeadsz.co.uk/x-553786-z>

Residential 300 Hour Yoga Teacher Training Course in Rishikesh, India affiliated by Rishikesh Yogpeeth and registered with the Yoga Alliance, USA.

Here the 300 hour Yoga Teacher Training Course (TTC) will help the student in all directions of existence. As well mentioned in taittiriya Upanishad that, human existence is beyond what is seen and felt. Advance Yoga Asana, teaches how to utilize the body as a tool for life. Advance Yoga breathing techniques (Pranayama), teaches how to live with slow and long breath and control over autonomic parts of the body. Advance Yoga Relaxation techniques are the base to experience the openness in daily routines. Advance Yoga Kriya makes the body more flexible and yet strong for the daily challenges. Yoga teaching techniques make the Yoga students to teach the techniques in a better way. Correction and adjustment techniques of Yoga Practices are just for the beginning level of training but later on everything is "Core muscles activation" with comfortable breath (Prana) to activate the energy wheels (Chakras) and reach that higher silence (Bliss) in 300 hour Yoga TTC. Applied Anatomy and Physiology of yoga practices, will take the student from basic level of understanding to higher level of understanding the reality and the physical world.

OVERVIEW OF THE PROGRAM 300 HOUR YOGA TTC Teaching Process (Theory & Practical subjects) Evaluation process Code of conduct Guidelines in Studying Asana Anatomy Mind Breathing Biomechanics Outing Tour Ganga arti kunjapuri Rafting Camping

WHAT DOES THE COURSE FEES INCLUDE

Accommodation for 6 weeks, 2 meals per day, excursions, yoga material, teaching kit (42000 INR), One day Ayurvedic massage, 300 hrs of Yoga Teacher Training in Rishikesh, India, module, 300 hrs of Yoga Teacher Training in Rishikesh, India, Dec 1st 2023 to Dec 31st 2023, 650 (300) hrs of certification, 91 89580 17093 click to

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