

100 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 14th of every month
(Contact us for customized dates)

DURATION

14 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**
Introduction to Yoga Philosophy
- **MODULE 2**
Yoga Anatomy and Physiology
- **MODULE 3**
Asana Practice (Hatha Yoga)
- **MODULE 4**
Vinyasa Flow Yoga
- **MODULE 5**
Mantra and Chanting
- **MODULE 6**
Yoga Philosophy and Ethics
- **MODULE 7**
Teaching Methodology
- **MODULE 8**
Meditation and Mindfulness
- **MODULE 9**
Practicum and Teaching Practice
- **MODULE 10**
Yogic Lifestyle and Diet
- **MODULE 11**
The Business of Yoga
- **MODULE 12**
Final Examinations and Certification



OUR LOCATIONS

VARAKALA



Savithri Inn, Thiruvambadi
Beach Road, Kurakanni,
Varkala, Thiruvananthapuram
Kerala



10 mins from nearest railway station

Varkala Edava Kappil Rd,
Vettakada, Edava, Kerala 695311



1 hr 22 mins from nearest airport

Airport Rd, Chacka,
Thiruvananthapuram,
Kerala 695008



28 mins from nearest bus- stop

Salem - Kochi Hwy, Kallambalam,
Karavaram, Kerala 695605

PARAVUR



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

FEE

SHARED ROOM

\$800

PRIVATE ROOM

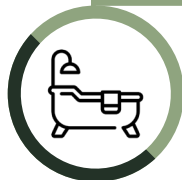
\$1000



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Contact us



+91 8433225327



info@rishikulyogshala.org



www.rishikulyogshala.org

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