

# 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 7th of the month  
(Contact us for customized dates)

### DURATION

12 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**  
Asanas 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**  
Yoga 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**



# FACILITIES



Complimentary Internet Services



Showers With 24\*7 Hot And Cold Water



Transfers From Nearby Airports And Railway Station Via Taxi



Within Proximity Of The Beach



Excursions And Visits To Places Of Interest



## Contact us



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www.rishikulyogshala.org

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