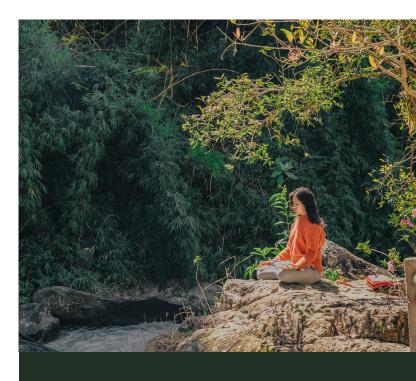


100 HOUR YOGA TEACHER TRAINING COURSE KERALA

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



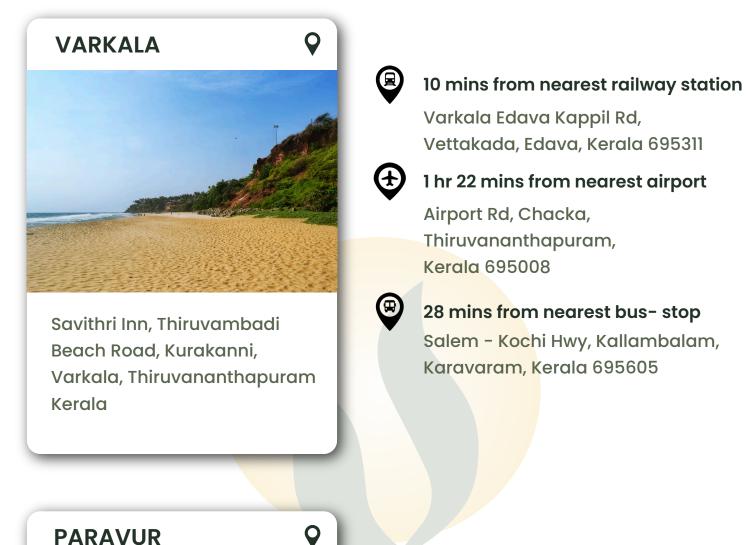
- MODULE 7 Teaching Methodology
- MODULE 8 Meditation and Mindfulness



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- 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







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

\$800

PRIVATE ROOM

\$1000







Contact us

+91 8433225327

- info@rishikulyogshala.org
- S www.rishikulyogshala.org

Revealing the Wisdom & its Cause