



YOG SUTRA
R I S H I K E S H

Call/Whatsapp: [+91-8909708482](tel:+91-8909708482) | **Email:** Yogsutrarishikesh@gmail.com

Address: Yog Sutra School, Opposite OIMT College, Muni ki Reti- Tapovan Road, Rishikesh, Uttarakhand 249137

200 Hour Yoga Teacher Training

YTTC Fees

Accommodation Type	Price Per Person
Private Accommodation	INR 50,000
Sharing Accommodation	INR 45,000

Available Dates

01st - 25th of every month

About TTC

1. 24 Nights' 25 Days' Accommodation
2. Rooms with hot water, attached bath & toilet and Balcony
3. Unlimited free High-Speed Wi-Fi internet connection
4. 3 Times daily nutritious vegetarian meals and Morning tea
5. Drinking-Water-Availability of water filter-24 * 7
6. Yoga mat
7. Cleansing material like Neti Pot, Rubber tube, etc.
8. Laundry Service (Paid Washing Machine)

Course Highlights

1. 200-Hour Yoga TTC of detailed training as a yoga teacher
2. Importance of physical activities
3. Anatomy explains the safety of posture
4. Understanding where a student may make mistakes
5. Start building your flow
6. Teaching practice

Course Schedule

- 06:30 am - Wake Up / Herbal Tea
- 07:00 am - Nasal Cleansing, Mantra Chanting & Pranayama
- 09:00 am - Breakfast
- 10:00 am - Yoga Philosophy & Anatomy
- 12:00 pm - Yoga Practical Session & Yoga Asana
- 01:00 pm - Lunch
- 04:30 pm - Self-study / Assignment
- 05:30 pm - Yoga Asanas (Vinyasa/ Hatha/ Ashtanga/ Yin/ Power)
- 06:30 pm - Kundalini, Meditation & Pranayama
- 07:00 pm - Dinner
- 10:00 pm - Lights off

***Note** - Other Activities (Famous Temple Visits, Ganga Aarti, Trekking, Local Sightseeing on Sunday, Schedule is Different Every Day.

Certification

Yoga Alliance USA Certified School | YA ID: 329284

<https://www.yogaalliance.org/SchoolPublicProfile/sid/12128>

Choosing a **Registered yoga school in Rishikesh, India**, ensures an authentic and comprehensive yoga education recognized globally.



Course Batch Size

To provide systematic yoga teaching and adequate attention to each student, the batch consists of at least **5 to 10 students**, whose number can reach **15 students** or more. As our courses fill up quickly, booking your seats in advance would be best.

Dress Code

During the course you are expected to wear a decent Yoga outfit. For opening and closing ceremonies, it would be good to wear fully covered white clothes to maintain a peaceful environment

Accommodation



Shared accommodation with two separate beds for two students with an attached shared bathroom, toilet, balcony and free-Wi-Fi.

Private accommodation with one king-size bed with attached private bathroom, toilet and balcony. Free Wi-Fi and hot water are available for both accommodation types.

Food

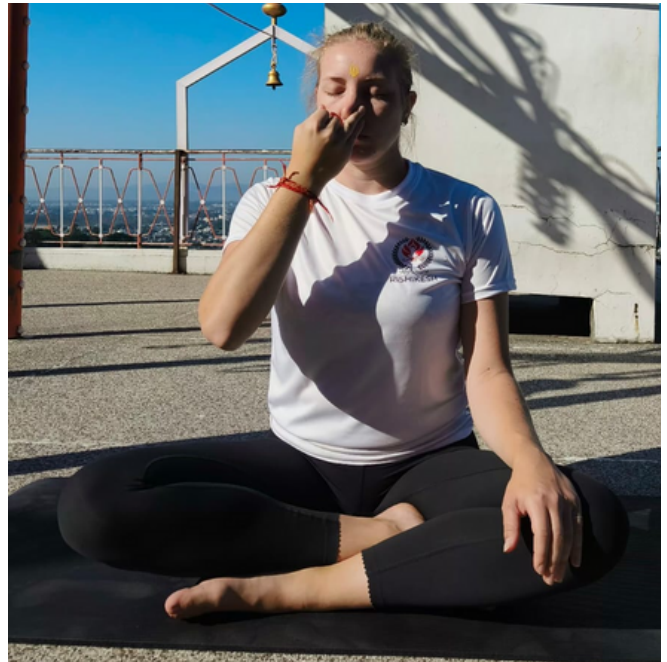


We care for special dietary requirements such as dairy-free, gluten-free, sugar-free, vegan and vegetarian. Our chef is always kind to take care of our student's needs regarding a meal.

Yoga Hall



Other Activities



Course Syllabus: <https://yogsutrarishikesh.com/200-hour-yoga-teacher-training-in-rishikesh-india.php>

Course Teachers: <https://yogsutrarishikesh.com/our-yoga-teacher-in-rishikesh-india.php>

Review & Location: <https://maps.app.goo.gl/R3dd8jvAwe5vRozx9>



For regular updates, follow us on



Instagram: <https://www.instagram.com/yogsutrarishikesh/>



Facebook: <https://www.facebook.com/yogsutrarishikesh/>

We look forward to welcoming you to our beautiful yoga family soon.

Namaste 🙏

Team Yog Sutra Rishikesh

Hari OM

