



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

Online Yoga Teacher Training

Online YTTC Fees

Student	Price Per Person
Indians	INR 30,000
Foreigners	USD 530

Available Dates

01st - 25th of every month

Online Yoga TTC Highlights:

1. Flexible Schedule
2. Comprehensive Curriculum
3. Live Interactive Sessions
4. Global Community
5. Personalized Guidance
6. Continued Learning Opportunities



Course Details:

- Learn the broad range of yoga asanas & and practice more
- Learn the accurate and correct alignment of different yoga postures
- Practice the art of hands-on adjustment
- Experience and learn different types of pranayam & and new techniques
- Understand the basic concept of meditation
- Explore the modification of various traditional asanas
- Experience the physical and spiritual benefits of Yoga
- Study of different regions of the body
- The basic concept of Anatomy & Philosophy

4 sessions per day:- 2 morning and 2 evening
Every Sunday will be a holiday!

Certification


Yoga Alliance USA Certified School | YA ID: 329284

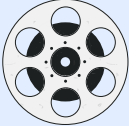
<https://www.yogaalliance.org/SchoolPublicProfile/sid/12128>


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


What will you get in our Online Yoga Teacher Training program?


The course structure is the same as in-person teacher training, designed fascinatingly and engagingly. Other than that, you will get:-


 **On-demand videos** are sent to the email address that you used for signing up.


 **Class Recordings** You will receive all recordings of the in-person YTT program at our ashram. Not only teachings but also you can hear students' questions and answers to their teachers.

 **Discussion Group's** a group that will assist you in contacting your peer students and asking your queries.

 **Practical Assignments** With several practical assignments, you can quickly get hold of whatever is taught in any asana class.

 **Printable Notes** To help you follow all lessons easily, you will get printable notes for every chapter.

 **Quizzes** At the end of every chapter, some quizzes include multiple-choice questions. These quizzes assist you in checking if you have understood all lessons perfectly or not.

 **Support Calls** Teachers make support calls where you can ask any questions.

Course Content:

- Hatha Yoga
- Pranayama
- Vinyasa Flow Yoga Syllabus
- Yoga Philosophy
- Teaching Methodology
- Anatomy and Physiology
- Mantra
- Ashtanga Vinyasa Syllabus
- Meditation (Pranayama) And Yoga Nidra
- Yin Yoga
- Kundalini Meditations



 **YOG SUTRA**
RISHIKESH

CERTIFICATE OF COMPLETION

The Certificate is Awarded to

Student Name

for the successful grants you the right to conduct 200 hour yoga teacher training course. This Certificate grants you the right to conduct Yoga teacher training classes and workshops as outlined in the training.

Form: MM/YY

To: MM/YY


Yogi Anil Bijlawan
Founder of Yog Sutra Rishikesh



Harsh
Lead Teacher

Course Syllabus: <https://yogsutrarishikesh.com/online-yoga-teacher-training-course.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**