

# 100 hour yoga teacher training Course in rishikesh, India



Location **Wales, Gwent**  
<https://www.freeadsz.co.uk/x-555206-z>

100 Hour Yoga Teacher Training Course in Rishikesh, Hatha, Ashtanga Yoga Teacher Training Course In India registered with Yoga alliance USA As per the obstacles of yogic path like less time, commitments of usual life etc., learning is not possible may be in a life time. Hence by seeing such situations of people, we started to modify the regular Yoga Teacher Training Course (YTTC) in two semesters. 200 hour YTTC is made as 100 hour YTTC which can be done twice in 3years of duration. Here is the syllabus for each semester.

The institution name is brought to show the lifestyle of a "Rishi" means saint that is none other than first yogi "Lord Shiva", with the true climatic changes besides river "Ganga (Ganges)". This devotional place makes the environment and people living in it also devotional. This is the true essence of life as the word, "Ishwara Pranidana" according to Patanjali. As the whole essence of this institution is to bring the humanity together and make the globe some more near to nature. Present existence of every human is by the eternal force for the purpose and towards the purpose. Realization of present and moving towards the unclear goal or the eternal force is the main motto of this school. OVERVIEW OF THE PROGRAM 100 Hour TTC Teaching Process (Theory & Practical subjects) Evaluation process Code of conduct

Brief overview:

Digestive System- Basics and related yogic practices Respiratory System- Basics and related yogic practices Circulatory System- Basics and related yogic practices Nervous System- Basics and related yogic practices Endocrine System- Basics and related yogic practices

Guidelines in Studying Asana Anatomy

Muscular System- Basics and related yogic practices Skeletal System- Basics and related yogic

practices Biomechanics Breathing OUTING TOUR

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100 Hour Yoga Teacher Training Dates Schedule 16 Oct to 29 Oct 2017 :: USD 800 (100-Hour

Certification  
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