

100 hour yoga teacher training in rishikesh, India



Location **Wales, Gwent**
<https://www.freeadsz.co.uk/x-558333-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.

Eligibility: Beginners but seekers

Medium: English

Duration: 14 days (100 hours)

Objective: To make a person experience the traditional yoga.

Goal: The learner can experience the transformation. Person can witness the most beautiful part of life by making different view of normal life.

Brief overview of the program 100 hour yoga ttc

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 YOGA DARSHANA/ YOGA PHILOSOPHY

Yoga Philosophy as a base student is going to gain the sacred knowledge and also the real yogic life. Patanjali Yoga Sutras are going to be understood and implement at every moment of the day. This is how personality can be changed to balanced life (Sthitaprajna/Yogi).

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