

300 Hour Yoga Teacher Training In Rishikesh, India



Location

South West, Cornwall

<https://www.freeadsz.co.uk/x-560283-z>

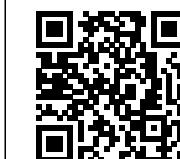


Residential 300 Hour Yoga Teacher Training Course in Rishikesh, India affiliated by Rishikesh Yogpeeth and registered with the Yoga Alliance, USA.

Yoga as lifestyle is the basic idea gained in 200 hour program. But the journey is not end with that, instead it started with the realization of what is past and now. Hence there is still for further steps to attain that supreme knowledge. Here the 300 hour Yoga Teacher Training Course (TTC) will help the student in all directions of existence. As well mentioned in taittiriya Upanishad that, human existence is beyond what is seen and felt. Advance Yoga Asana, teaches how to utilize the body as a tool for life. Advance Yoga breathing techniques (Pranayama), teaches how to live with slow and long breath and control over autonomic parts of the body. Advance Yoga Relaxation techniques are the base to experience the openness in daily routines. Advance Yoga Kriya makes the body more flexible and yet strong for the daily challenges. Yoga teaching techniques make the Yoga students to teach the techniques in a better way. Correction and adjustment techniques of Yoga Practices are just for the beginning level of training but later on everything is "Core muscles activation" with comfortable breath (Prana) to activate the energy wheels (Chakras) and reach that higher silence (Bliss) in 300 hour Yoga TTC. Applied Anatomy and Physiology of yoga practices, will take the student from basic level of understanding to higher level of understanding the reality and the physical world. With this knowledge the student can improve the strength to withstand many physical, mental, social and environmental challenges during 300 hour Yoga TTC itself. The link between personal health and social health through Yoga Philosophy allow the students to experience the tradition, celebrations, and outings.

Highlight Of 300 Hour Yoga TTC Program. Principles of yoga therapy This is for advanced practitioners

Digestive System- Basics and related yogic practices	Respiratory System- Basics and related yogic practices	300 Hour Training
Circulatory System- Basics and related yogic practices	Nervous System- Basics and related yogic practices	300 Hour Training
Endocrine System- Basics and related yogic practices	300 Hour Training	Ris
OUR AIMS AND OBJECTIVES		
Principles of yoga therapy	Concept of Stress Yoga for Diabetes	Yoga for Irritable Bowel Syndrome
for Constipation	Yoga for Asthma	
Yoga for Hypertension		



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Ganga arti kunjapuri Rafting Camping 300 Hour Yoga Teacher Training in Rishikesh Dates Schedule
300 Hour Yoga Teacher Training Rishikesh India
13 Nov to 23 Dec 2017: USD 1650 (300-Hour Certification)
Swargashram, Ram jhula,
Rishikesh, Uttarakhand 249201, India +91 89580 17093 click to