



SRI YOGA ASHRAM
Excellence & Consistency in Yoga

200 HOUR YOGA

Teacher Training in Rishikesh

Certified by Yoga Alliance USA



www.sriyogaashram.com



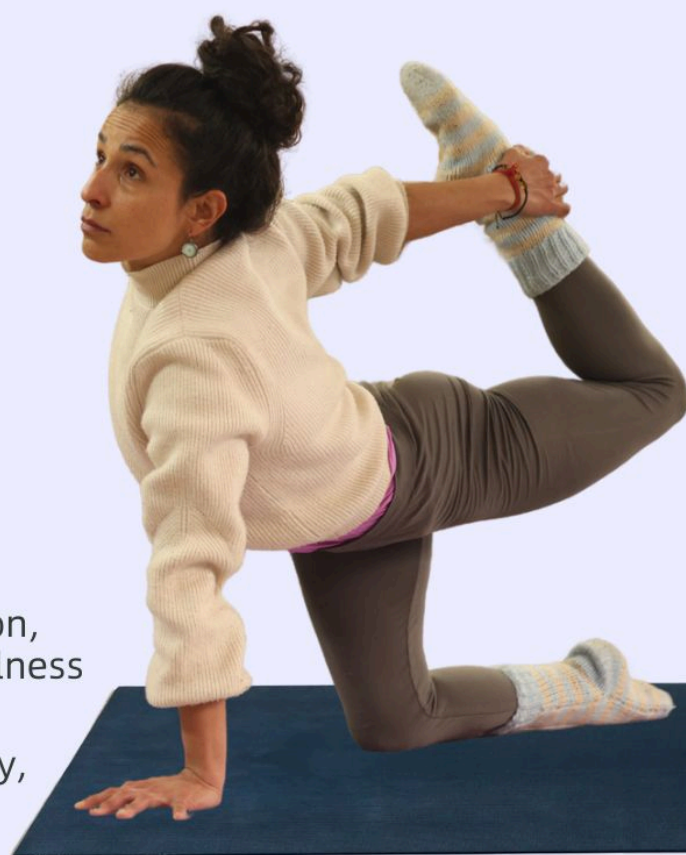
DISCOVER THE PATH OF *yoga* IN RISHIKESH

Begin your transformative journey at Sri Yoga Ashram, located in the heart of Rishikesh — the world's yoga capital. Surrounded by the sacred Ganges and the foothills of the Himalayas, our 200-hour Yoga Teacher Training Course is designed for those who wish to deepen their practice and step into the role of a certified yoga teacher.



HIGHLIGHTS OF THE *Course*

- Internationally recognized certification (Yoga Alliance USA)
- Comprehensive training in Hatha, Ashtanga or Kundalini yoga
- Small groups (10-12 students) for personal guidance
- A unique blend of yoga with Vedic Astrology insights
- Complete package: accommodation, meals, materials, excursions & wellness sessions
- Holistic approach: Yoga philosophy, pranayama, meditation, anatomy, alignment & adjustment



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WHAT YOU WILL

Learn?

- **Yoga Styles:** Hatha, Ashtanga, Kundalini
- **Pranayama:** Breathwork for energy balance
- **Meditation:** Techniques for inner peace and focus
- **Philosophy:** Patanjali's Yoga Sutras, yogic lifestyle
- **Anatomy:** Understanding the human body in yoga
- **Teaching Skills:** Alignment, adjustments, class sequencing
- **Ayurveda & Astrology:** Optional workshops for deeper learning

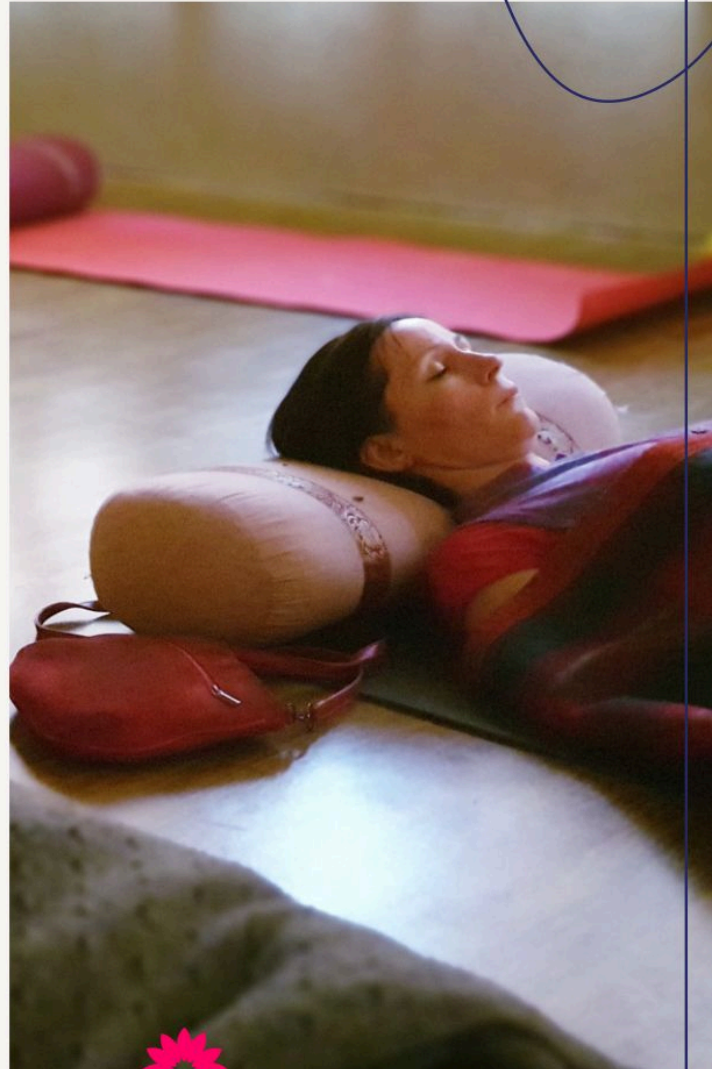


A TYPICAL DAY AT

Sri Yoga Ashram

- **06:00 am** – Pranayama & Meditation
- **07:30 am** – Yoga Asana Practice
- **09:00 am** – Breakfast
- **10:00 am** – Philosophy / Anatomy Class
- **01:00 pm** – Lunch & Rest
- **03:00 pm** – Teaching Methodology / Practical Training
- **05:00 pm** – Evening Yoga Practice
- **07:00 pm** – Dinner
- **08:00 pm** – Evening Meditation / Group Discussion

Sundays are free for sightseeing, cultural activities, and nature walks.





Stay OPTIONS

- Private Rooms/Twin Sharing Rooms: Comfortable

All rooms with attached bathrooms, hot/cold water, clean bedding

Facilities WE PROVIDE

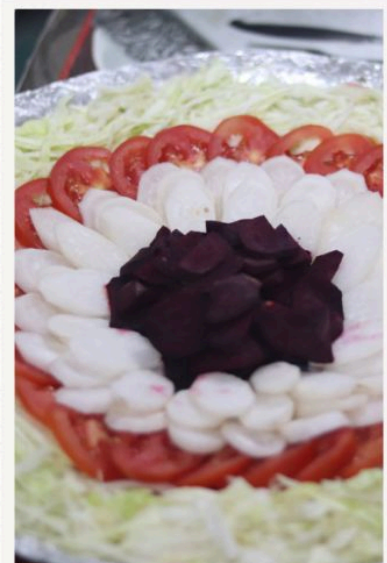
- Spacious yoga halls & study areas
- 24/7 Wi-Fi
- Supportive environment

WHAT'S INCLUDED IN THE Meal

- 3 fresh sattvic vegetarian meals daily
- Herbal teas & detox drinks
- Community dining for mindful eating

OUR Atmosphere

- Stay close to the holy Ganges, surrounded by Himalayan energy – perfect for yoga, meditation, and inner growth.



Yoga hall



WHAT'S INCLUDED IN THE *Course Fee*

- Complete yoga classes & workshops
- Training manuals, books, neti pot & study materials
- Free taxi pickup* from Dehradun Airport
- Ayurvedic massage & astrology consultation*
- Sunday excursions and sightseeing trips
- One day early check-in and late check-out



HOW THIS COURSE WILL *Transform* YOU?

- Build strength, flexibility & stamina
- Gain confidence to teach yoga worldwide
- Deepen your knowledge of yogic philosophy & lifestyle
- Learn stress management, mindfulness & meditation techniques
- Experience personal growth in a spiritually charged environment



WHO CAN *Join?*

- Beginners who wish to start their yoga journey
- Practitioners who want to refine their skills
- Anyone looking to become a certified yoga teacher

Course DATES & DURATION

- 🌀 **Course Date** = 2nd to 26th of every month

COURSE Fees

- 🌀 Scholarship Twin Sharing
- 🌀 Premium Twin Sharing
- 🌀 Private Room Options

*(*Exact fee details available on our website*)*

HOW TO Register?

- 🌀 Fill in the online application form
- 🌀 Pay a very small advance deposit
(non-refundable but transferable)
- 🌀 Remaining balance payable on arrival at the ashram

CONTACT us

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- 🌐 www.sriyogaashram.com



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