

21 DAYS

YOGA RETREAT
KERALA



About Rishikul Yogshala

“Revealing wisdom and its cause”

Rishikul Yogshala is a school that's been certified by Yoga Alliance. We're here to help you discover real yoga and have meaningful experiences. Our caring teachers use ancient practices to improve your overall well-being. We also offer detailed courses for those who want to become yoga teachers. Come with us on a journey to learn more about yourself and find balance in life. Start experiencing the true heart of yoga with us today.



COURSE OVERVIEW

DATE

Date can be customized for our Kerala Yoga Retreat

DURATION

21 Days program





WHY CHOOSE US

- Authentic Yoga Traditions
- Certified Yoga Instructors
- Affordable Luxury
- Beautiful Coastal Setting
- Healthy and Nutritious Meals
- Customized Retreats

KEY CONTENTS OF THE SYLLABUS

- Hatha Yoga
- Ashtanga Yoga
- Meditation
- Pranayama
- Body Massage
- Yoga Nidra
- Hatha Flow Yoga
- Mantra Meditation
- Shat Kriya
- Detox Therapy
- Adjustment
- Alignment
- Kundalini
- Chakra Meditation
- Liver Detox
- Kidney Detox
- Ayurvedic Consultation
- Ayurvedic Cooking Classes
- Ayurvedic Muscular Therapy



OUR LOCATIONS

VARAKALA



Savithri Inn, Thiruvambadi
Beach Road, Kurakanni,
Varkala, Thiruvananthapuram
Kerala



10 mins from nearest railway station

Varkala Edava Kappil Rd,
Vettakada, Edava, Kerala 695311



1 hr 22 mins from nearest airport

Airport Rd, Chacka,
Thiruvananthapuram,
Kerala 695008



28 mins from nearest bus- stop

Salem - Kochi Hwy, Kallambalam,
Karavaram, Kerala 695605

PARAVUR



The Kerala Retreat Kalakkode,
Patambil, Bhoothakulam,
Paravur, Kollam, Kerala



10 mins from nearest railway station

Paravur, Kerala 691301



1 hr 30 mins from nearest airport

Airport Rd, Chacka,
Thiruvananthapuram,
Kerala 695008



20 mins from nearest bus- stop

Parippally, Kerala 691574

FEE

SHARED ROOM

\$1200

PRIVATE ROOM

\$1450



FACILITIES



Free Wi-Fi



24*7 Hot and Cold water supply



Pick and Drop facility



Spacious Yogshala



Travel and Touring Facilities



Contact us



+91 8433225327



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www.rishikulyogshala.org

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