

300 HOUR

YOGA TEACHER TRAINING COURSE
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

Starts on 1st to 30th of every month
(Contact us for customized dates)

DURATION

30 Days program

YOGA STYLE

Hatha, Vinyasa And Ashtanga



WHY CHOOSE US

- Authentic Yoga Education
- Experienced Instructors
- Perfect Natural Site
- Holistic Curriculum
- Comfortable Accommodations
- Healthy Meals
- Competitive Pricing

SYLLABUS

- **MODULE 1**
Yoga Philosophy



- **MODULE 2**
Yogic Anatomy and Physiology



- **MODULE 3**
Asanas (Hatha and Vinyasa Styles)



- **MODULE 4**
Pranayama (Breath Control)

- **MODULE 5**
Meditation and Mindfulness



- **MODULE 6**
Teaching Methodology

- **MODULE 7**
Yoga Ethics and Lifestyle

- **MODULE 8**
Practical Teaching Experience

- **MODULE 9**
Final Assessments

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

\$1350

PRIVATE ROOM

\$1550



FACILITIES



Complimentary Internet Services



Showers With 24*7 Hot And Cold Water



Transfers From Nearby Airports And Railway Station Via Taxi



Within Proximity Of The Beach



Excursions And Visits To Places Of Interest



Contact us



+91 8433225327



info@rishikulyogshala.org



www.rishikulyogshala.org

Revealing the Wisdom & its Cause