

500 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 & 6th of the month
(Contact us for customized dates)

DURATION

59 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 and History



- **MODULE 2**
Anatomy and Physiology



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



- **MODULE 4**
Pranayama and Breath Control

- **MODULE 5**
Meditation and Mindfulness



- **MODULE 6**
Mantra and Chanting (30 Hours)

- **MODULE 7**
Teaching Methodology

- **MODULE 8**
Practicum

- **MODULE 9**
Yoga Ethics and Lifestyle

- **MODULE 10**
Specialized Workshops

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

\$2300

PRIVATE ROOM

\$2850



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



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www.rishikulyogshala.org

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