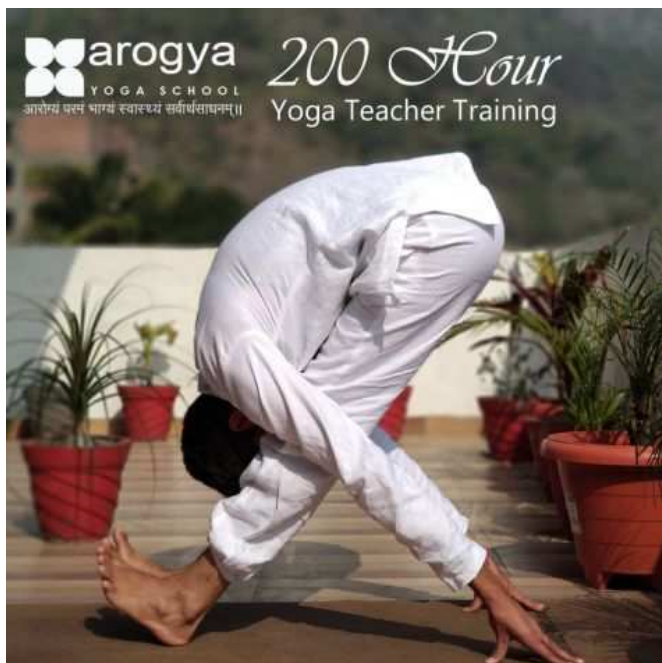


Yoga Teacher Training in Rishikesh India



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Yoga Teacher Training in Rishikesh at Arogya Yoga School, Rishikesh. Certified by Yoga Alliance USA, Yoga Teacher Training Course in Rishikesh, India as confident teachers with a strong and solid teaching skill set ready to begin their career in the world of Yoga.

Yoga Teacher Training in India at Arogya Yoga School as confident teachers with strong and solid teaching skills, ready to start their career in yoga. They develop a unique art of teaching along with a comprehensive understanding of asana, pranayama, shatkarma, alignment, Ayurveda, philosophy, anatomy, mudras, mantras and meditation. Our Yoga Alliance registered Yoga Teacher Training in India is intensive and enriching for yoga beginners to intermediates. With over 1000 graduates and a decade of teaching experience, our established Yoga Teacher Training in India Program fulfils the best and highest standards for aspiring Yoga Teachers.

Alongside developing practical skills in the art of teaching, our trainees also gain a comprehensive understanding of: Best Yoga Teacher Training in Rishikesh India

Yoga Teacher Training in Rishikesh syllabus

- Yoga Asana
- Yoga Asana Adjustments
- Philosophy

– Physiology
– Pranayama

– Mudras

– Shatkarma

– Mantra Chanting

– Cleansing techniques (Shat karma).

– Yoga Teacher Training Curriculum :

– Mantra Chanting.

– Cleansing techniques (Shat karma).

– Yoga Teacher Training Curriculum :

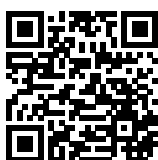
– Mantra Chanting.

– Cleansing techniques (Shat karma).

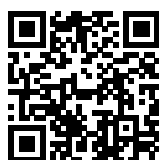
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– Mantra Chanting.

– Cleansing techniques (Shat karma).



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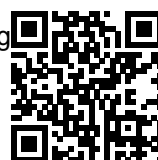
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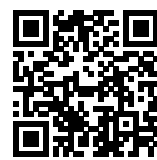
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Study of asana: proper alignment, variations, modifications with ability to minimize the risk of injuries and Hands-on adjustments.
Art of sequencing and improvisation in the class.
Intelligent use of props to help improve practice at its early stages.
Postures with their Sanskrit Names and terminology.
Technique and practice of breathing (Pranayama).
Meditation (Dhyana).
Fundamentals of human anatomy and physiology.
Yoga Philosophy, Ideas and Hypothesis
Confidence-building through teaching-practice

<https://www.arogyayogaschool.com/200-hour-yoga-teacher-training-course-in-india.php>