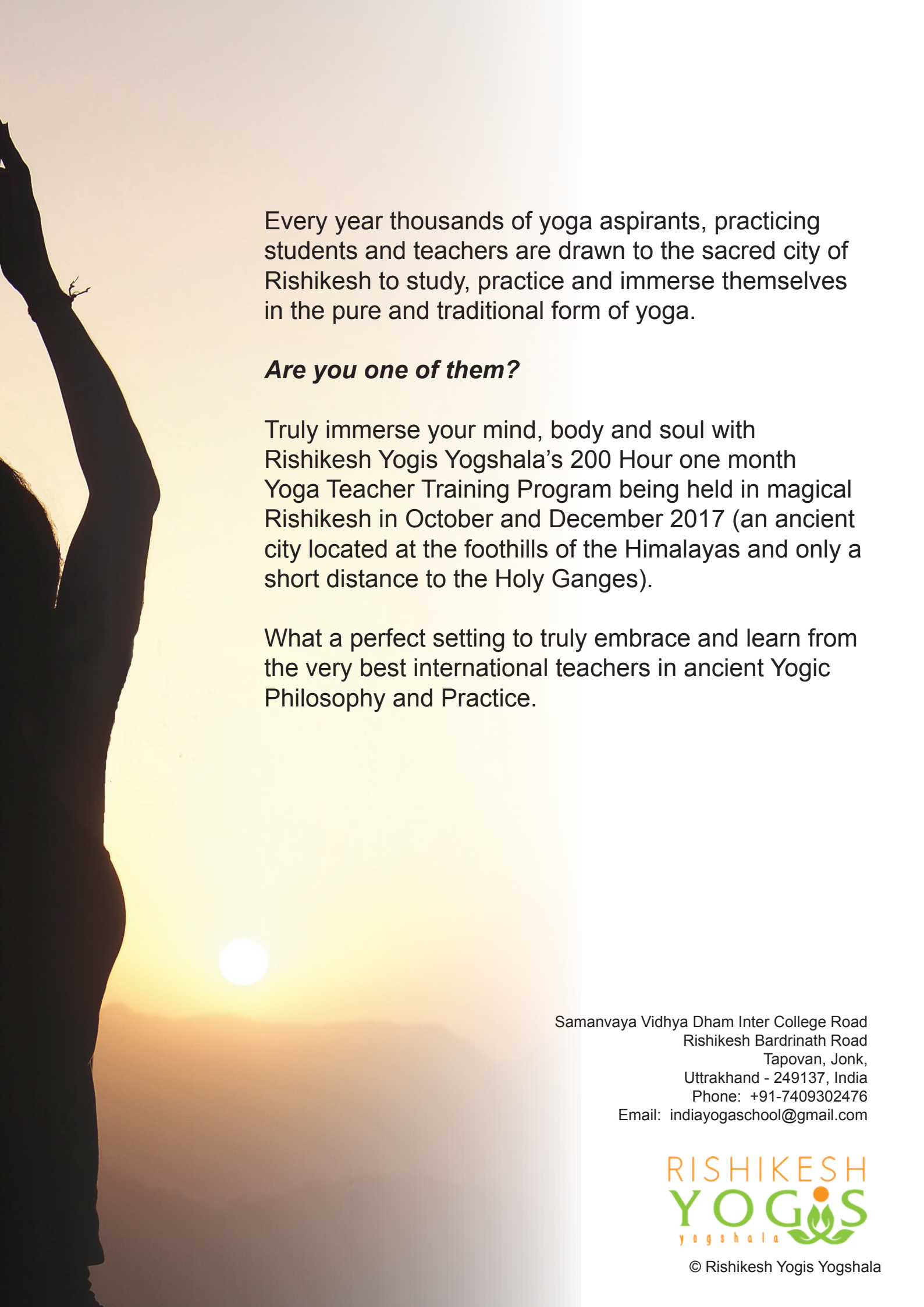


200 Hour Yoga Teacher Training

Rishikesh, India





Every year thousands of yoga aspirants, practicing students and teachers are drawn to the sacred city of Rishikesh to study, practice and immerse themselves in the pure and traditional form of yoga.

Are you one of them?

Truly immerse your mind, body and soul with Rishikesh Yogis Yogshala's 200 Hour one month Yoga Teacher Training Program being held in magical Rishikesh in October and December 2017 (an ancient city located at the foothills of the Himalayas and only a short distance to the Holy Ganges).

What a perfect setting to truly embrace and learn from the very best international teachers in ancient Yogic Philosophy and Practice.

Samanvaya Vidhya Dham Inter College Road
Rishikesh Bardrinath Road
Tapovan, Jonk,
Uttarakhand - 249137, India
Phone: +91-7409302476
Email: indiayogaschool@gmail.com

RISHIKESH
YOGIS
yogshala

© Rishikesh Yogis Yogshala

A silhouette of a person in a yoga pose, with one arm raised, set against a background of a sunset over a mountain range. The sun is a bright circle on the horizon, casting a warm glow. The text is overlaid on the right side of the image.

WHAT'S INSIDE

ABOUT THE COURSE

CURRICULUM OVERVIEW

- Practical Techniques
- Intensive Meditation Sessions
- Becoming a Teacher
- Knowing the Body
- Yoga Philosophy
- Practicum

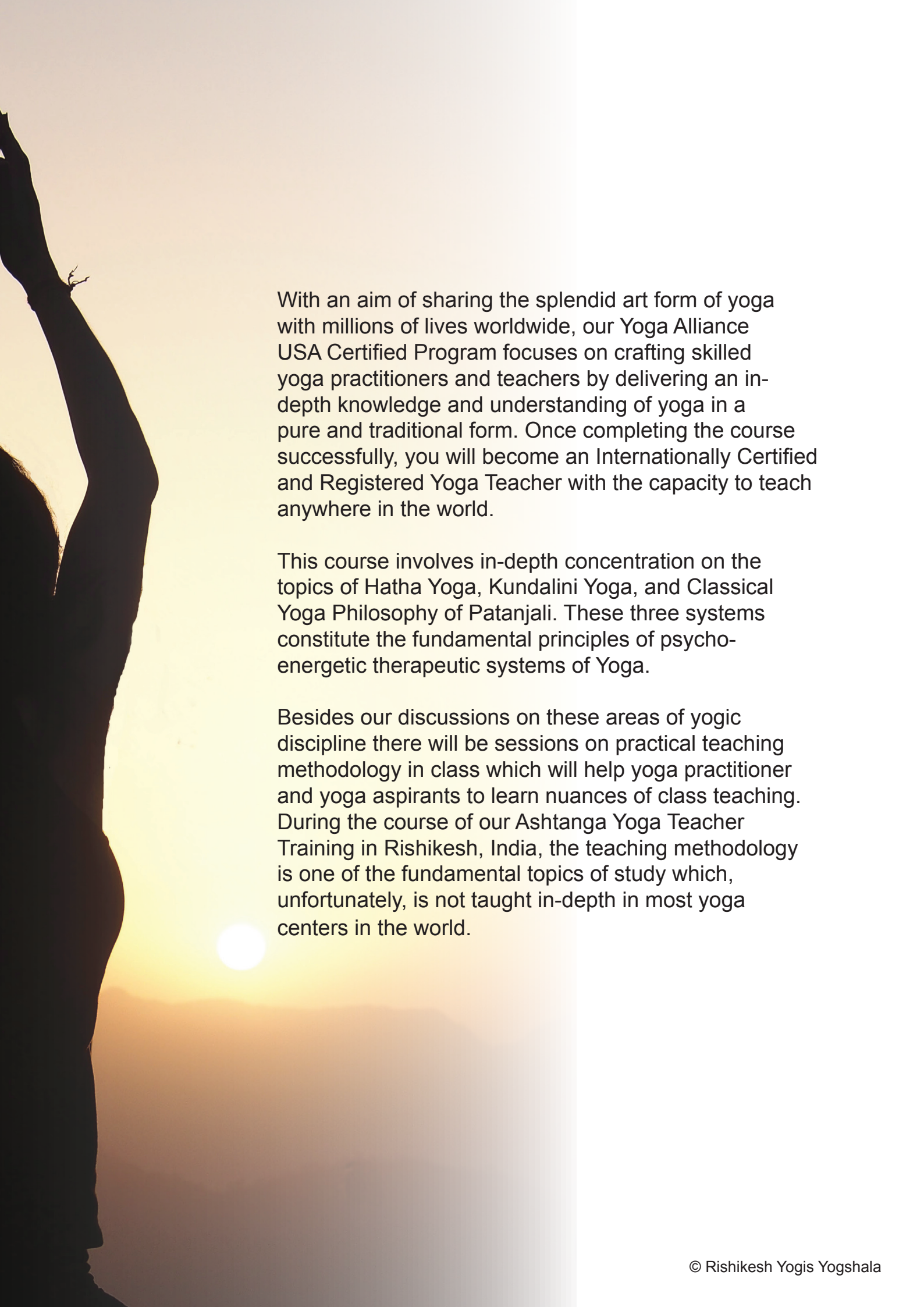
COURSE HIGHLIGHTS

DAILY SCHEDULE

DATES AND FEES

ABOUT THE COURSE



A silhouette of a person in a yoga pose, with one arm raised and the other bent, set against a warm, golden sunset background. The sun is low on the horizon, creating a soft glow. The person's form is dark against the bright sky.

With an aim of sharing the splendid art form of yoga with millions of lives worldwide, our Yoga Alliance USA Certified Program focuses on crafting skilled yoga practitioners and teachers by delivering an in-depth knowledge and understanding of yoga in a pure and traditional form. Once completing the course successfully, you will become an Internationally Certified and Registered Yoga Teacher with the capacity to teach anywhere in the world.

This course involves in-depth concentration on the topics of Hatha Yoga, Kundalini Yoga, and Classical Yoga Philosophy of Patanjali. These three systems constitute the fundamental principles of psycho-energetic therapeutic systems of Yoga.

Besides our discussions on these areas of yogic discipline there will be sessions on practical teaching methodology in class which will help yoga practitioner and yoga aspirants to learn nuances of class teaching. During the course of our Ashtanga Yoga Teacher Training in Rishikesh, India, the teaching methodology is one of the fundamental topics of study which, unfortunately, is not taught in-depth in most yoga centers in the world.

CURRICULUM OVERVIEW





CURRICULUM OVERVIEW

We have developed an immersive and intensive syllabus for all those students of 200 Hours Yoga TTC who want to delve deeper into the philosophy and practices of yoga. The course of 200 Hour Yoga Teacher Training at Rishikesh Yogis not only helps you understand the subject of yoga intellectually, but our mission is to incorporate the principles of yogic philosophy in class teaching which will ultimately assist both teacher and students to evolve at physical, mental and spiritual levels.

There are specific sessions designed to enable a yoga aspirant understand the nuances of class teachings based on yogic principles and discussions on philosophical topics which eventually, help streamline the approach and experiences of yogic practices in the class. Based on the guidelines of Yoga Alliance, USA, our syllabus has five major areas of concentrated study.

Practical Techniques

The first step of study is the Technique, Training and Practice of Yogic Discipline. Practical teaching is further consecrated into components of Hatha Yoga, Vinyasa Yoga and Meditation. Being an aspirant of yoga, we believe it is essential that you, as a yoga practitioner, delve deeper into the practical teaching of yoga. Therefore, there are two sessions entirely dedicated to practice of Asana (Hatha Yoga pose) and Pranayama (Breathing Technique), while one session is completely devoted to meditation therapy every day.

In the morning session of Hatha Yoga, the focus of teaching is on the techniques of Traditional Hatha Yoga, Pranayama, Mudra (Yogic Psycho-Physical Gestures), Bandha (Psycho- Energetic Locks) and Shatkriyas (Cleansing Techniques of Hatha Yoga). And, the evening practice sessions focus on Ashtanga Vinyasa Yoga Teacher Training and Meditation.



Intensive Meditation Sessions

In our 200 Hour Yoga Training Certification, Meditation forms an integral and the most important stage of any yogic journey. With primary focus on yoga asana practice only, Meditation is often ignored in many yoga retreats and yoga classes. However, without incorporating meditation in one's Sadhana, the journey of yoga is incomplete. The entire focus of classical teaching of Patanjali is to reach the state of consciousness that is free from fluctuations. As outlined in the sutras of Patanjali:

Yoga is the cessation of all fluctuations (Vritti) of consciousness.

At Rishikesh Yogis, we teach a very diverse range of meditation techniques sourced from authentic systems and branches of yoga philosophy. All these techniques of meditation such as Yoga Nidra, Antar Mouna, Ajapa Japa, Hridayakasha, Dharana, etc are Pratyahara and Dharana techniques; which systematically help to discipline and harmonize our mental and emotional energies. Apart from these meditation methods, there is equal concentration on harnessing physical, as well as, pranic energies through intense sessions of Hatha Yoga and Vinyasa Yoga sessions.

Every day there will be three and half hours of sessions dedicated to these two streams of physical-energetic disciplines. This 200 Hour Yoga TTC is one of the most balanced and intensive yoga teacher training courses available in Rishikesh, India. This course does not only help you become a full-fledged yoga teacher professionally, but also refines you and evolves you as an individual.

Becoming a Teacher

The second part of our Yoga Alliance – 200 Hour Teacher Training syllabus is the Teaching Methodology of Yoga. This includes topics such as elements of presentation, effective class management and business aspects of teaching yoga. We believe that after becoming a yoga teacher, you are responsible for not simply teaching a class, but also becoming an inspiration, a role model and an accomplished technician of yogic teaching. Learning a set of asanas and meditation sessions do not make one an effective yoga guru. We strive to share with our practitioners the nuances of class teachings along with sharing knowledge about the discipline and the ethics of a Yoga Teacher. Apart from teaching the technical aspects of class teaching, we encourage very interactive and vibrant discussions on various aspects of a yogic lifestyle. There are interactive discussions about different aspects of class teaching and presentation.



Knowing the Body

The journey of yoga is all about knowing oneself. In most practical sense, if we want to know ourselves, we should start with our own body. The discipline of somatic psychology says that our body is the log of our habits, traumas, complexes and psychic predispositions.

The third aspect of 200 Hour YTTC syllabus entails knowledge of the human body and movements in light of yogic practices. Under this topic of Anatomy and Physiology, we will not only understand the structure and the functions of a human system and its organs, but also study their interaction and involvement in yogic practices. A major part of this discussion will also incorporate the concept of yogic anatomy and physiology, primarily focused upon the subtle concept of nadis, chakras and pranic physiology.

Yoga philosophy

Under this category of syllabus for our 200 Hour Yoga Teacher Training program, there will be in-depth discussion on the foundations of Yogic Philosophy, which will entail the study of classical texts, such as Patanjali Yoga Sutras. There are chapters dedicated on the tradition of Hatha Yoga, Kundalini Yoga with reference to the system of Tantra Philosophy. There will be dedicated lessons on untouched, but very important areas of Samkhya Philosophy which forms the metaphysical background of Patanjali Yoga sutra.

Practicum

The final segment of our 200 Hour YTTC syllabus is practicum, which involves the process of harnessing the skills through practical sessions. These sessions are conducted in group settings, aimed at refining teaching skills of practitioners in real and live yoga classes. These classes are conducted under the supervision of the lead teacher. Upon completion of each session, feedbacks, suggestions and appropriate guidance is provided to enhance one's teaching quality in class.

COURSE HIGHLIGHTS





COURSE HIGHLIGHTS

- Lectures on Yoga Philosophy and Teaching Methodology
- Daily Hatha Yoga and Vinyasa Flow Practice
- Meditation Mantra Chanting
- Yogic Cleansing (Sat-Kriya)
- Teaching Methodology
- Traditional Meditation Techniques (Yoga Nidra, Anta Mournā, Ajapa Japa, Chakra Suddhi, Trataka, Chidakasha Dharama, Hridayakasha Dharana)
- Nutritious and Yogic Meals (three times daily)
- 29 Nights Accommodation
- Ayurvedic Massage
- River Rafting (On Weekend)
- Trip to Himalayan Yogi Cave (On Weekend)
- Trek to Kunjapuri Temple in Himalaya Mountains (On Weekend)

(* Airport pick up and drop excluded)

Apply for our program NOW and take your love and passion for yoga to the global level as an internationally certified yoga teacher.

We want you to fully immerse yourself in our teacher training, and therefore numbers are limited in order to allow us to provide you with high quality teaching and attention to detail.

DAILY SCHEDULE





DAILY SCHEDULE

6.00 - 6.30am	Herbal Infusion
6.30 - 8.00am	Hatha Yoga Postures (Asana), Pranayama (Breath-work) and Mantra Chanting
8.00 - 9.30am	Breakfast
10.00 - 11.00am	Session 1
11.15 - 12.15pm	Practical Workshop
12.30 - 3.00pm	Lunch and Free time
3.30 - 4.30pm	Practical
4.30 - 5.30pm	Session 2
6.00 - 7.30pm	Meditation
7.30 - 9.30pm	Dinner
9.00 - 10.00pm	Swadhyaya (self study) Writing Spiritual Diary
10.00pm	Lights Out

ABOUT US





SUSHANT

At Rishikesh Yogis, we believe yoga is a life-style. It is not a technique or a mere practice; it is how one can lead their life towards its betterment. Our yoga retreats and training sessions lead you to immerse yourself into the yogic lifestyle while dwelling in an ashram style setting, alongside experienced and dedicated yogis.

Our yoga teachers are world-class yoga certified trainers, while our courses are certified from the very prestigious Yoga Alliance, USA. The course structure at Rishikesh Yogis is an excellent blend of philosophical traditions of Patanjali's Yoga Sutras, Samkhya Yoga, Kriya Yoga, and Kundalini Yoga with practical approach of Traditional Hatha Yoga and Vinyasa Yoga.

The goal of our yoga classes is not only to teach various techniques, but to facilitate an environment where aspirants can unlock their spiritual potential and walk towards the path of self-awakening and mindfulness.

Sushant Pandey is a born yogi in every sense of the word. He was born, brought up and educated in the state of Bihar, India. He commenced his yogic journey as a post graduate student of Yoga Psychology from an eminent deemed university – the Bihar Yoga Bharati. He further worked as lecturer in the same department at the very university for four years.

Yoga has always been a part of Sushant's life. Along with being a spontaneous and a highly skilled teacher of Hatha Yoga, Meditation and Relaxation, he has profound understanding of both theoretical and practical aspects of the yogic traditions. Since 2000, he has been teaching yoga professionally along with conducting workshops with companies like De-Addiction Centre (Muktangan, Pune), prisons, Army training cantonment, and in various other organizations such as Indian oil (Barauni, Bihar), Railways Training Center (Jamalpur, Bihar), Border Security Forces Training Centre (Hazaribagh, Jharkhand), etc. In 2006, he was appointed the Head of Yoga for Anandas – in the Himalayas.

He played a vital role in developing yoga curriculum offered in Anandas. Sushant was awarded professional of the year award in 2010, by Spa finder. He has conducted extensive workshops in countries like Finland, UK, Serbia and France – enlightened people with his knowledge on the traditional teachings of Hatha, Raja and Kundalini Yoga.

Sushant is married to a teacher in a public school in Rishikesh. They both have a daughter together. He is currently designated as Head of Yoga Department at the Reforma Heath Centre in Russia.



ABHISHEK

Abhishek was born and brought up in the capital of India, New Delhi, in a family with roots from Kerala, the home of Ayurveda. He finished his schooling from Varanasi where he also met Swami Anil. The teaching on Ashtanga Yoga Philosophy inspired him to utilize the benefits of yoga for much deeper personal transformation than a mere tool of physical improvement and mediation. From here, he began to teach yoga in Varanasi and other parts of the country.

In 2010, Abhishek moved to U.S where he taught yoga for 5 years before coming back to India in order to follow his dream of dwelling in the Himalayas. Now, he teaches Ashtanga Vinyasa, Yoga History, and Yoga Philosophy in Rishikesh. He also does traditional walking tours of the city. Abhishek, along with his wife Sapna, also a Yoga Instructor, work with several organizations in India to create specialized yoga therapy programs for various Trauma and Human trafficking survivors.



UTTAM

Uttam Ghosh was born in Rishikesh, India. His fascination for yoga developed in childhood when he experienced the 'bhakti' form of yoga with his grandfather. His curiosity for yoga led him to explore and study the mystic invisible life force energy of yoga. It was because of this hunger to search the depth of mystic life forces that Uttam started his spiritual journey which led him to learn and practice Kundalini, Yantra, Mantra & Tantra. Through hard work, dedication and experience, he was initiated onto the Kundalini Yoga Path by Swami Vidyananda.

Swami Vidyananda also honored him with a spiritual name as "Rishi Raj". Uttam teaches a wide range of Transformational Kundalini Yoga, Hatha Yoga and Ashtanga Yoga in Rishikesh. He also conducts various workshops around the globe concerning meditation and yoga therapy.



DEEPTI



DORELAL

Deepti is a gifted yoga teacher with an experience of over 10 years. She is known for her exclusive class presentations and for making the students discover peace with yoga during her sessions.

She was born and raised in the yoga capital, Rishikesh. She has studied Masters in Yoga and has been an expert in the field of Hatha Yoga, Raja Yoga and Kriya Yoga. Deepti brings with her a rich and diverse experience of teaching yoga across several institutes and ashrams. She has been associated with Ananda in the Himalyas from 2007 – 2014, as a Yoga Instructor and was instrumental in taking the resort to a much coveted No. 1 Spa property in the world. She is married, lives in Delhi with her husband and, actively conducts corporate workshops and visits in Rishikesh on Yoga.

Dorelal Singh Thakur is a professional Yoga Teacher and the Global Head of Yoga at Six Senses Spa worldwide. He was born in the year 1977 and has been a yogi since last 20 years. During these 20 years of his career as a yoga guru, he has offered his services to several renowned organizations ranging from Bihar School of Yoga, fitness and health spas to holistic healing centers around the globe. He has also served as an Assistant Professor at WDU University in South Korea.

He has never limited himself to one place. From working as a Traditional Yoga Teacher and as a Yoga professor in Russia to providing knowledge about yoga and meditation in South Korea, Vietnam, Thailand, etc, he has not left any stone unmarked. He completed his Master's Degree in Applied Yoga Science from the Bihar Yoga Bharati, Bihar and, received another Master's Degree in Yoga Philosophy from there.

He is a well competent and a highly experienced yoga teacher who makes a positive change in the lives of all that he comes across. He is an expert in various areas ranging from Therapeutic Yoga, Charka Meditation and Hatha yoga to Kriya Yoga.

DATES AND FEES





DATES AND FEES

7th October, 2017 \$1,750.00

Early Bird Fee \$1,500.00
(if paid prior to 31 August 2017)

7th December 2017 \$1,750.00

Early Bird Fee \$1,500.00
(if paid prior to 31 October 2017)

RISHIKESH YOGIS

yogshala

Samanvaya Vidhya Dham Inter College Road
Rishikesh Bardrinath Road
Tapovan, Jonk,
Uttarakhand - 249137, India
Phone: +91-7409302476
Email: indiayogaschool@gmail.com

