

Welcome

RISHIKESHYTTC

The best yoga school in Rishikesh offers Residential Yoga Teacher Training in Rishikesh, India.

About, RishikeshYTTC

RishikeshYTTC is the best yoga school in Rishikesh offering Residential Yoga Teacher Training in Rishikesh, India. Our Yoga School is one of the best Yoga school in Rishikesh offers Residential Yoga Alliance Courses – 200 Hour Yoga Teacher Training, 7 & 15 days yoga retreat. All Yoga courses are certified by Yoga Alliance USA.

RishikeshYTTC is dedicated to spread and preserve traditional Yoga through its well-crafted yoga teacher training courses and yoga retreats, in the holy Yoga capital of “Rishikesh”, India. The school invites you to join the sacred journey of our traditional yoga courses and be a part of this divine science. RishikeshYTTC is a well-known name in the field of yoga and spiritual arena having many years of successfully trained students from across the globe with the guidance of the school’s expert and experienced Yoga teachers.

“Be a certified Yoga Teacher and spread this divine art of nature.”



Our Team



Yogi Sanjeev Semwal
Hatha yoga, Astanga viyasa & Certified
Ayurdic healer.



Sushant Ji
[Hatha Teacher]



Ankit Ji



Dr. SATINDER RUSE RA B.A.M.S,
YIC(yoga), MS(counseling and
Family Therapy)



Sonu Ji
[Hatha Teacher]



Pinky Ji
[Pranayama]



Dhirendra Ji
[Teaching
Methodlogy]



Mohit Ji
[philosophy]



Dr. Sumit Sharma



Chitrangana Ji
[Pranayama]



Dr. Himanshu
Sharma



Yogi Gopal Ji

DIFFERENT YOGA COURSES INCLUDES

200 Hour Yoga Teacher Training

DETAILS

200 Hour Yoga Teacher Training in Rishikesh Looking for a perfect 200 hour yoga teacher training in rishikesh, India? Rishikesh yoga teacher training center is where you will get a complete yoga teacher's course – a mix of devotional, traditional & professional in India. Our Residential 200 Hour Yoga Teacher Training Course at Rishikesh is a fusion and combination of various styles of yoga like Hatha yoga, Ashtanga, Vinyasa yoga flow and Meditation techniques. We are a family of professional yoga teachers and practitioners from different parts of the world. We offer best yoga teacher training course, registered with Yoga Alliance USA.



200 Hour Yoga Teacher Training Course in Rishikesh is designed with an objective to provide traditional style of yoga, comprehensive and genuine knowledge of philosophy, yogic life, asana-pranayama, anatomy, meditation-breathing techniques, mantra-chanting, spiritual life and much more. The course is led by young but learned & enthusiastic yoga teachers those who have studied yoga, meditation and spiritual techniques since their childhood from yoga universities (Gurukulam). They have years of practice and experience in the field of yoga.

200 HOUR YTTC SYLLABUS

Mantra chanting & Pranayama

- ❖ Om chanting
- ❖ MahaMrityunjaya Mantra
- ❖ Gayatri Mantra
- ❖ Guru Vandana (prayer to Guru)
- ❖ Prayer before class & Meal

Pranayama

Pranayama is generally defined as breath control. Although this interpretation may seem correct in view of the practises involved, it does not convey the full meaning of the term. The word pranayama is comprised of two roots: 'prana' plus 'ayama'. Prana means vital energy or life force.

1st week (study)

- ❖ Introduction of Pranayama
- ❖ Benefits of pranayama
- ❖ Explain the pranic body
- ❖ Prana and lifestyle
- ❖ Breath, health & Pranayama
- ❖ Pranayama and the spiritual aspirants

2nd week (practical & theory)

- ❖ Nadishodhana Pranayama
- ❖ Sheetal pranayama
- ❖ Sheetkari Pranayama
- ❖ Bramari Pranayama
- ❖ Ujjayi Pranayama
- ❖ Bhastrika Pranayama
- ❖ Kapalbhata Pranayama
- ❖ Surya Bheda pranayama

3rd week (mudra)

- ❖ Jnana Mudra
- ❖ Chin Mudra
- ❖ Yoni Mudra
- ❖ Bhairava Mudra
- ❖ Hridaya Mudra
- ❖ Shambhavi Mudra
- ❖ Khechari Mudra
- ❖ Kaki Mudra
- ❖ Bhoochari Mudra
- ❖ Akashi Mudra

4th week Bandha (Energy Lock)

First definition of the bandha is that by restraining or locking the muscle on a Physical level.

- ❖ Preparation for Bandha
- ❖ Benefits of Bandha
- ❖ MulaBandha
- ❖ JalandharaBandha
- ❖ UddiyanaBandha

Ashtanga Yoga

Standing Pose

- ❖ Hasta Padangusthasana & Pada Hastasana
- ❖ Utthita Tri Konasana
- ❖ Parivrtta Tri Konasana
- ❖ Utthitan Parsva Konasana
- ❖ Parivrtta Parsva Konasana
- ❖ Prasrita Padottanasana A, B, C & D
- ❖ Utthita Parsvottanasana
- ❖ Utthita Hasta Padangusthasana
- ❖ Utthita Parsvasahita
- ❖ Utthita Eka Padasana
- ❖ Ardhabaddha Padmottanasana
- ❖ Ardhabaddha Padmottanasana
- ❖ Virabhadrasana A,B and C

Primary Asanas

- ❖ Paschimottanasana A, B and C
- ❖ Purvottanasana
- ❖ ArdhaBaddha Padma Paschimottanasana
- ❖ Tirieng Mukha Eka Pada Paschimottanasana
- ❖ JanuSirsasana A,B and C
- ❖ Marichyasana A,B and D
- ❖ Navasana
- ❖ Lolasana
- ❖ BhujaPidasana
- ❖ Kurmasana
- ❖ GarbhaPindasana
- ❖ Kukkutasana
- ❖ BaddhaKonasana A & B
- ❖ Konasana A & B

Intermediate Asanas (3rd & 4th week)

- ❖ Salabhasana A & B
- ❖ Dhanurasana
- ❖ Ustrasana
- ❖ Kapotasana A & B
- ❖ SuptaVajrasana
- ❖ BakasanaA
- ❖ Bakasana B Jump
- ❖ ArdhaMatsyendrasana
- ❖ Yoga Nidrasana
- ❖ Tittibhasana
- ❖ PichaMayurasana
- ❖ PichaMayurasana
- ❖ Gomukhasana A & B
- ❖ Gomukhasana A & B

Advanced A (optional)

- ❖ Kasyapasana
- ❖ Bhairavasana
- ❖ UrdhvaKukkatasana A
- ❖ Galavasana
- ❖ EkaPadaViparitaDandasana
- ❖ VipritaSalabhasana
- ❖ GandhaBherundasana
- ❖ Hanumanasana
- ❖ Natrajasana
- ❖ Raja Kapotasana

Hatha Yoga

- ❖ Joints Moments.
- ❖ Surya namaskara (sun Salutation) & Chandra Namaskara (moon salutation)
- ❖ Yoga Mudrasana
- ❖ Matsyasana
- ❖ Gupta Padmasana
- ❖ BaddhaPadmasana
- ❖ Lolasana
- ❖ Kukkutasana
- ❖ Garbhasana

Backward bending Asanas 1st& 2nd week

- ❖ SaralBhujangasana (Easy cobra Pose)
- ❖ Bhujangasana (cobra Pose)
- ❖ TiryakaBhujangasana (twisting cobra pose)
- ❖ Sarpasana (snake pose)
- ❖ ArdhaShalabhasana (half locust pose)
- ❖ Shalabhasana (locust pose)
- ❖ SaralDhanurasana (easy bow pose)
- ❖ Kandharasana (shoulder pose)
- ❖ ArdhaChandrasana (half-moon pose)
- ❖ Setu Asana (bridge pose)
- ❖ Gomukhasana (cow's face pose)

Forward bending Asanas 3rd& 4th week

- ❖ Paschimottanasana (back stretching pose)
- ❖ GatyatmakPaschimottanasana (dynamic back stretch pose)
- ❖ PadaPrasarPaschimottanasana (legs spread back stretch pose)
- ❖ JanuSirshasana (head to knee pose)
- ❖ Ardha Padma paschimottanasana (half lotus back stretching pose)
- ❖ Hasta PadaAngushthasana (finger to toe stretch)
- ❖ Padahastasana (hand to foot pose)
- ❖ SirshaAngusthaYogasana (head to toe pose)
- ❖ Utthitajanusirshasana (standing head between knees pose)

Spinal twisting Asanas 3rd& 4th week

- ❖ ArdhaMatsyendrasana (half spinal twist)
- ❖ ParivrittiJanuSirsasana (spiralled head to knee pose)

Advanced pose 3rd& 4th week

- ❖ Poornabhujangasana (full cobra pose)
- ❖ Kurmasana (tortoise pose)
- ❖ Poornashalabhasana (Full locust pose)
- ❖ PoornaDhanurasana (full bow pose)
- ❖ Dhanu-rakarshan-asana (archer's posed)
- ❖ Chakrasana (wheel pose)
- ❖ Hanumanasana (leg splitting pose)
- ❖ Poornamatsyendrasana (full spinal twist pose)
- ❖ Mayurasana (peacock pose)
- ❖ Padma mayurasana (Lotus or bound peacock pose)
- ❖ Gorakshasana (Yogi Gorakhnath's pose)
- ❖ Astavakrasana (eight-twists pose)
- ❖ Vrischikasana (scorpion pose)
- ❖ Inverted pose, balancing pose and core pose.

Satkarma (Internal & cleansing)

Shatkarma is a Sanskrit word which is made by 2 different words which is Shat plus Karma and also known as Shaktkriya.

This is a traditional Yogic cleansing techniques which is very effective and good to remove many illnesses and open the body blockages.

- ❖ Agni Saar
- ❖ JalNeti
- ❖ RuberNeti
- ❖ Tirieng Mukha Eka Pada Paschimottanasana
- ❖ Sutra Neti
- ❖ Dand

Meditation

- ❖ Candle Meditation
- ❖ Mantra chanting meditation
- ❖ Breathing meditation
- ❖ Bhajan/Kritan
- ❖ Trataka
- ❖ Silence practise meditation

Human Anatomy

The basic structure and function of the organs and system is very important for the practitioners so that their work as yoga teacher can be more enhanced.

Knowing the different types of joints and their range of motions helps our students to be safe from injuries and also keep safe their students after they start teaching as a teacher.

- ❖ Types of bones
- ❖ Circulatory system
- ❖ Types of heart block
- ❖ Skeletal system

Yoga Philosophy

1 week

- ❖ Introduction of Yoga
- ❖ Yoga Pantanjali sutra
- ❖ 5 basic Element
- ❖ Injuries & rest
- ❖ Integrating your dailypractise
- ❖ Principle of Yoga

2nd week

- ❖ 8 limbs of Yoga
- ❖ Yoga therapy
- ❖ Yoga for stress, Migraine and Insomnia
- ❖ Yoga for Hypertension
- ❖ Yoga for heart problem, Blood pressure and Diabetic.

3rd week

- ❖ Three Dosha
- ❖ The Nadi and kundlani.
- ❖ Basic knowledge of Chakra and Ayurveda

4th week

- ❖ Yogic diet
- ❖ Difference between Satvic & Tamsic food.
- ❖ Group discussion
- ❖ Clear doubt

Teaching Methodology

Teaching methodology is one the most important part of the course as our students will learn the following:

- ❖ How to conduct a class
- ❖ Classroom management
- ❖ How to get in and come out from the posture
- ❖ How to assist & help while teaching the class
- ❖ Which kind of words you should be using as a yoga teacher
- ❖ What makes you different than other teachers in terms of teaching
- ❖ Which kind of asanas you should recommend with different health issue
- ❖ How to use belts, bolster, bricks and chair during the class adjustment

300 Hour Yoga Teacher Training

DETAILS

With the aim to provide higher teachings and practice of the traditional forms of yoga and its discipline in the spiritual town of Rishikesh, India, Rishikesh YTTC offers 300 Hour YTTC program. This program has been designed with utmost care and sophistication for the 200 Hour YTTC graduates with the aim to take them to a higher level of their yogic journey from where they can evolve as complete Yoga Teacher and practitioners of the art form.



The program has been designed according to the prestigious standards set by Yoga Alliance so the 300 Hour YTTC graduates from Rishikesh YTTC can take the aspired leap in their lives as established preachers of the art on a global scale. The entire program is crafted by teachers with 300 Hour and 500 Hours as their core area of expertise.

300 Hour YTTC SYLLABUS

Yoga postures (asana)

Students will gain extensive knowledge on yoga postures and will increase their strength, flexibility, and discipline.

Sitting postures

- ❖ Dandasana - Staff pose
- ❖ Paschimottanasana A to D Intense West - Stretch or sitting forward bend

Recitation of sacred sound (mantra chanting)

The purpose of mantra chanting in yoga is to generate vibrations and connect with the universe. Each mantra is special and rich with spiritual energy.

- ❖ Om Asato Maa Sadgamaya (mantra from Upanishad)
- ❖ Tvameva Mata Ca Pita Tvameva (Sloka on gods)
- ❖ Om Tryambakam Yajamahe (mantra on Lord Shiva)
- ❖ Om Sahana Vavatu (mantra from Upanishad)
- ❖ Guru Brahma Guru Vishnu Gurudevo maheshwara (Guru stotram)
- ❖ Yogena Cittasya (Sloka on Sage Patanjali)
- ❖ Hare Rama, Hare Krishna (Maha mantra)
- ❖ Vakratunda Mahakaya Mantra
- ❖ Om Bhur Bhuva Swaha (Gayatri mantra)

Pranayama (breathing practices)

- ❖ Introduction of Pranayama
- ❖ Meaning & Definition.
- ❖ Relevance of Pranayama in modern time.
- ❖ Benefits of Pranayama
- ❖ 5 Prana and Components of Pranayama
- ❖ Preparation for Pranayama

❖ **Methods of Pranayama**

1. Balancing pranayama
 2. Vitalizing Pranayama
 3. Tranquilizing Pranayama
- ❖ The pranic body
 - ❖ Annamaya kosha
 - ❖ Manomaya kosha
 - ❖ Pranamaya kosha
 - ❖ Vijnanamaya kosha
 - ❖ Anandamaya kosha
 - ❖ Natural breathing
 - ❖ Abdominal breathing
 - ❖ Thoracic breathing
 - ❖ Clavicular breathing
 - ❖ Yogic breathing
 - ❖ Nadi shodhana pranayama and its techniques
 - ❖ Sheetali pranayama and its techniques
 - ❖ Sheetkari pranayama
 - ❖ Bhramari pranayama
 - ❖ Ujjayi pranayama
 - ❖ Bhastika pranayama
 - ❖ Kapalbhata pranayama
 - ❖ Moorchha pranayama
 - ❖ Surya Bheda pranayama
 - ❖ Chandra Bhedana pranayama
 - ❖ Swana pranayama

Ashtanga Vinyasa yoga course syllabus

- ❖ Sun salutation A
- ❖ Sun salutation B
- ❖ Primary series & Advance posture.
- ❖ Padangusthasana - Big toe posture
- ❖ Padahasthasana - Hand under foot posture
- ❖ Utthita Trikonasana - Triangle pose
- ❖ Parivrtta Trikonasana - Revolving triangle
- ❖ Utthita Parvakonasana - Extended side angle pose
- ❖ Parivritta Parsvakonasana - Revolving side angle pose
- ❖ Prasarita Padottanasana A to D - Intense wide leg stretch
- ❖ Parsvottanasana - Intense side stretch posture
- ❖ Utthita Hasta Padangusthasana - Hand to big toe posture
- ❖ Ardha Baddha Padmottanasana - Half bound lotus forward bend
- ❖ Utkatasana - Fierce pose
- ❖ Virabhadrasana A to B - Warrior

The Vinyasa (Vinyasa to jump back)

- ❖ Purvottanasana - Intense east stretch
- ❖ Ardha Baddha Padma Paschimottanasana - Half bound lotus forward bend
- ❖ Tiriang Mukhaipada Paschimottanasana - Reverse the leg direction of one leg intense east stretch
- ❖ Janu Sirsasana A to C - Head to knee pose
- ❖ Marichyasana A to D
- ❖ Navasana - Boat posture
- ❖ Bhujapidasana- Shoulder pressure posture
- ❖ Kurmasana - Tortoise posture
- ❖ Supta Kurmasana - Sleeping tortoise
- ❖ Garbha Pindasana - Embryo posture
- ❖ Kukkutasana - Rooster posture
- ❖ Baddha Konasana A to B - Bound angle posture
- ❖ Upavista Konasana A to B - Seated angle posture
- ❖ Supta Konasana A to B - Lying down angle posture
- ❖ Supta Padangustasana - Reclining big toe posture
- ❖ Ubhaya Padangusthasana - Both big toes postures
- ❖ Urdhva Mukha Paschimottasana - Upward facing full forward bend
- ❖ Setu Bandhasana - Bridge
- ❖ Urdhva Dhanurasana - Upward bow posture
- ❖ Paschimottanasana - Full forward bend
- ❖ Salamba Sarvangasana - Shoulder-stand
- ❖ Halasana - Plow
- ❖ Karnapidasana - Ear pressure posture
- ❖ Urdhva padmasana - Upward lotus
- ❖ Pindasana - Embryo posture
- ❖ Matsyasana - Fish posture
- ❖ Uttana Padasana - Extended leg posture
- ❖ Sirsasana - Headstand
- ❖ Yoga Mudra - Sealed yoga posture
- ❖ Padmasana - Lotus
- ❖ Uttpluthi - uprooting
- ❖ avasana - Corpse posture

Hatha yoga course syllabus

- ❖ Alignment, assist, and adjustment
- ❖ Surya namaskar (sun salutation)
- ❖ handra namaskar (moon salutation)
- ❖ Bharadvajasana
- ❖ Lolasana - Swinging pose
- ❖ Kukkutasana - Rooster pose
- ❖ Sarpasana - Snake pose
- ❖ Shalabhasana - Locust pose
- ❖ Dhanurasana - Bow pose
- ❖ Paschimottanasana - Seated forward bend
- ❖ Janu sirshasana - Head to knee pose
- ❖ Parivirta janu sirshasana - Revolving head to knee pose
- ❖ Sarvangasana - Shoulder stand
- ❖ Padam sarvangasana - Shoulder stand lotus pose
- ❖ Sirshasana- Headstand
- ❖ Natarajasana - Lord Shiva's pose
- ❖ Utthita Hasta Padangusthasana
- ❖ aukasana - Boat pose
- ❖ Vatayanasana - Horse face pose
- ❖ Mayurasana - Peacock pose
- ❖ Koormasana - Tortoise pose
- ❖ Chakrasana - Wheel pose
- ❖ Hanumanasana - Monkey pose
- ❖ Agnistambhasana- Fire log pose
- ❖ Brahmacharyasana - Celibate's pose
- ❖ Astavakrasana - Eight-twists pose
- ❖ Ek pada sirasana - One foot to head pose
- ❖ Chaturanga Dandasana
- ❖ Pincha Mayurasana - Feathered peacock pose
- ❖ Eka Pada Koundinyasana - Sage koundinyasana
- ❖ Handstand - Adho Mukha Vrksasana
- ❖ Ardha Pincha Mayurasana - Dolphin pose
- ❖ Makara Adho Mukha Svanasana - Dolphin plank pose
- ❖ Bakasana - Crow pose
- ❖ Ek Pada Bakasana - One leg crow
- ❖ Utthan Pristhasana - Lizard pose
- ❖ Pashasana - Noose pose
- ❖ Parivrtta Surya Yantrasana - Sundial or compass pose
- ❖ Titibasana - Firefly pose
- ❖ Parshva Bakasana - Side crow

Meditation (dhyana)

Meditation is a systematic practice that promotes physical, mental, and emotional tranquility with the purpose of reaching Samadhi (self-realization).

- ❖ Introduction to meditation
- ❖ Meditation: Why?
- ❖ Meditation and brain waves
- ❖ Meditation and its effect on stress management
- ❖ Obstacles in meditation
- ❖ Role of concentration in meditation and tips for developing concentration
- ❖ Meditation on body and breath
- ❖ Om / mantra meditation
- ❖ Antat and Bahir Trataka
- ❖ Dynamic meditation
- ❖ Tips for silent meditation practice
- ❖ Japa meditation
- ❖ Ajapa japa
- ❖ Antar mouna
- ❖ Nada meditation

Teaching practice (adhyapanam)

Students will take turns practicing their teaching skills by performing in front of their peers and teachers.

- ❖ Demonstration
- ❖ Alignment
- ❖ Instructions

Teaching methodology

A yoga teacher should efficiently perform the practical applications of class planning and preparation. At RishikeshYTTC, the students will learn how to create a positive and peaceful class environment for an enjoyable and transformative experience.

- ❖ Positive and conscious communication
- ❖ Time management
- ❖ Qualities of a teacher
- ❖ Principles of demonstrating, observation, assisting, and correcting
- ❖ Use of voice in class
- ❖ Mental and emotional preparation for teaching
- ❖ Class preparation.
- ❖ Step by step class structure planning
- ❖ Classroom management and its discipline.
- ❖ Awareness of Injuries.

Yoga Cleansing (Shatkarma)

Yogic cleansing exercises are important to learn how to incorporate your breath and meditate properly during physical aspects of yoga. It also removes the blockages in the energy channels.

- ❖ Jalaneti satkarma (nasal cleansing with salty water)
- ❖ Rubber neti (nasal cleansing with a rubber string)
- ❖ Agnisar kriya
- ❖ Nauli kriya
- ❖ Kapalbhata cleansing

Yoga philosophy (yoga darshana)

Yoga philosophy is the foundation of your yoga practice and it is the key to earn yogic strength. Through the path of Vedanta Philosophy, you will establish a solid, well-rounded yoga practice.

Patanjali yoga sutras

- ❖ Chapter 1 - Samadhi pada
- ❖ Chapter 2 - Sadhana pada

Detailed study

- ❖ Effects of pranayama in respiratory system
- ❖ Effects of yoga practice and Nauli in digestive system
- ❖ Muscular and skeletal system with advance postures
- ❖ Anatomy of pelvic girdle and spine
- ❖ Nadis - The energy channel
- ❖ Prana and nervous system
- ❖ Kundalini Shakti
- ❖ Chakra
- ❖ Panchakosha
- ❖ Therapeutic applications of yoga postures and how to avoid injury in asana class

Anatomy & Yoga Therapy

- ❖ Concepts of panchakosha(5 layers) and Trisharira(3 Bodies)
- ❖ Introduction to Musculoskeletal system with insights to asanas
- ❖ Respiratory system
- ❖ mechanisms and Therapeutic implications of Pranayama
- ❖ Circulatory System
- ❖ Digestive System
- ❖ Mechanisms and Therapeutic implications of Shatkarma
- ❖ Mechanisms and Therapeutic implications of Asanas
- ❖ Endocrine System
- ❖ Nervous System

500 Hour Yoga Teacher Training

DETAILS

Candidates and students who seek for enrolment in our offered 500 hours yoga teacher training course, for the information, we provide back to back 200 hours YTTC and 300 hours YTTC course sessions. It could be challenging though on one end but at the end, it would be rewarding and worth every minute a candidate spend in completing the training course. It is mandatory to complete both the course session in order to be a certified and professional yoga teacher, meeting educational needs. What an individual learns in the 200 hours course will take him or her, further in terms of teaching skills and practice and completion of both of them from the same place definitely assures consistency, better understanding and practice, comfort level and depth needed to understand Yoga.



There is no mandate to be a professional to enroll for our 500 hour yoga teacher training in rishikesh, India course. Irrespective of whether you just start learning and practicing Yoga or done it many times earlier, the 500 hours alliance course is suitable for everyone. Anyone could go for the same and we can assure that once the course is completed, you will be an expert.

Features & Syllabus of 500 Hour YTTC

- ❖ Improve yourself from all aspects including physically, spiritually and mentally.
- ❖ The curriculum is devised meeting all national and international Yoga alliance standards in order to become an inspiring certified professional teacher of Yoga.
- ❖ Help to get better at your personal practice and lend an environment needed for personal or professional growth.
- ❖ Develop confidence and conscience and gain tremendous Yogic knowledge and wisdom.
- ❖ Realize the importance of Yoga centric life and inculcate in towards internal evolution and holistic overall wellbeing.
- ❖ The course fee will cover accommodation, Yoga material, Ayurvedic massage, fresh homemade three times meal and tea, weekend excursions, sightseeing trip, and more. If something is required, feel free to let us know and we assure to take care of everything considering it on topmost priority. In all, embark on the pathway of Yoga and evolve to become a professional expert with our 500 hours yoga teacher training program and get the certification. We would love to help you learn and practice and enjoy your living and worth to die for! Looking forward to hear from you!

FOODS & ACCOMMODATION

Accommodation

During the course, you will be staying at Rishikesh Yoga Teacher Training Center in Rishikesh, India. The school is situated in the heart of the Rishikesh, Next to the famous hanging bridge and holy Ganga (Holy river). The Ashram is peaceful and surrounded by beautiful green mountains. Everything is close by the Ashram such as shops, cafes, Restaurant, ATM, healthcare, organic stores.



Rishikesh Yoga Teacher Training Center offer single and double room based on the student's requirements. Every room has attached bathroom with western toilet and hot shower, balcony with mountain or garden view. The rooms for the yogis are well maintained and clean. They offer bed sheets, pillows, bath towels, toilet paper, and blanket and welcome amenities upon arrival. Good Wi-Fi is included in every floor. Water and laundry service is also available. There is also budget accommodation offered by Rishikesh Yoga Teacher Training Center. These rooms do not have balcony or Mountain View and separated from the main building, but all the other facilities are just the same.

FOODS

Daily freshly made vegetarian meals are included in the price. The food is fully prepared hygienically and the vegetable is organic. Rishikesh Yoga Teacher Training Center food is well known all around the world for its taste and verities.

Isn't it enough just to practice the Yoga, do we have to regulate our food?' wonder many. In itself, practicing yoga, is not just a healthy life but at Rishikesh YTTC, they believe that it is also a way of Living, but when complemented with the healthy food habits, it can really create wonders. In fact, eating the right food is an essential part of living a yogic Life.



What we eat, not only influences our physical wellbeing, but also our emotions and thoughts. Yoga, does not dissect food into proteins, carbohydrates or fats, instead it classifies them according to the effect they have on the body and mind, into three types - Satva, Rajas and Tamas. Tamasic food is the kind of food which makes us lethargic or sluggish, while Rajasic food is that which brings about activity or restlessness. Whereas, Sattvic food is the kind which makes you feel light, energetic and enthusiastic.

Sattvic foods are those which purify the body and calm the mind. They stimulate the body and mind into action. Cooked food that is consumed within 3-4 hours can be considered sattvic as Rishikesh Yoga Teacher Training Center focus on wellbeing of our students they do sattvic diet for all of them. These menus are created by their Master Chef Sandeep Semwal who had worked with some of the best five star Hotels around the world and carries great knowledge about sattvic diet along with this he

focuses on hygiene practices at our institution to ensure the food is safe and carries great nutritional values which is much needed for healthy life.

Not just the right kind of food, it is vital to eat the proper quantity of food at the right time. Overindulging leads to lethargy while under eating will not provide enough nourishment. Most of the times we know that our stomach is full but tempted by the taste buds we tend to indulge. The right amount of food cannot be quantified into cups or grams, when we listen to our body attentively we will know when exactly to stop!

We might eat the right kind of food in the right quantity but if we are irregular with our timings then the whole system goes for a toss and the natural rhythm of the body is hampered. Therefore it is of prime importance to eat food at the same time every day and eat it at regular intervals.

It is said that the state of the mind of the person cooking/ eating also affects the food. The energy in the food cooked by someone while he/she was angry will definitely be lower than that of someone who cooked it with a feeling of love, contentment and gratitude. Listening to some soothing music or chanting while cooking and eating can help retain the Prana (life force energy) in the food. It is definitely worthwhile to pay some attention to the food that we eat as the ancient Indian texts say that we are what we eat!

The following meals are included:

- ❖ Breakfast
- ❖ Lunch
- ❖ Dinner

The following dietary requirement(s) are served and/or catered for:

- ❖ Vegetarian
- ❖ Raw food
- ❖ Fruitarian
- ❖ Lactose Free
- ❖ Organic
- ❖ Yogic
- ❖ Ayurvedic
- ❖ Other dietary requirements on request

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300 Hour YTTC	\$1200/\$1400	Book Now
500 Hour YTTC	\$1850/2200	Book Now

Course	Standard Fees (Shared/Private)	Book Now
200 Hour YTTC	\$1050/\$1300	Book Now
300 Hour YTTC	\$1400/\$1500	Book Now
500 Hour YTTC	\$2100/2400	Book Now

Course classes starts from 2nd to 28th of every month

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