

## 200 hour yoga teacher training in India - Rishikul Yogshala



### Address

Narayan Kunj, Village: Jonk,  
Swargashram, Ramjhula,  
Rishikesh, Uttarakhand 249304  
India

### Contact Person

Bipin Baloni

### Mobile Number

### Email

contact@rishikulyogshalarishikesh.  
com

To improve the mind, body, and spirit, diverse asanas and pranayama are a major components of yoga teacher training in India. In line with a strong belief in yoga, the **200-hour yoga teacher training programme** at Rishikul Yogshala in India is comprised of a carefully crafted curriculum that incorporates a number of yoga postures to enhance the yogi's physical and mental well-being. Additionally, the course places a great importance on and emphasizes the teaching of pranayama techniques as well as conscious and deliberate breath control.

For more details, please visit <https://indiafinder.in/detail/200-hour-yoga-teacher-training-in-india-14384>