

Rishikul Yogashala Rishikesh



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Discover the true essence of yoga with [Rishikul Yogashala Rishikesh](#), a renowned **Yoga Alliance-certified yoga school** nestled in the **spiritual heart of Rishikesh**. Imagine your yoga journey unfolding beside the **sacred Ganga River**, surrounded by the serene foothills of the **majestic Himalayas**, where nature, spirituality and ancient yogic wisdom come together in perfect harmony.

At Rishikul Yogashala, we offer authentic and transformative **100 Hour, 200 Hour, 300 Hour, and 500 Hour Yoga Teacher Training Courses** designed for students of all levels — from beginners to advanced practitioners. Our comprehensive programs blend traditional Hatha and Ashtanga Yoga with pranayama, meditation, yoga philosophy, anatomy, Ayurveda and teaching methodology to provide a complete yogic learning experience.

We also offer a rejuvenating **7 Day Yoga Retreat in Rishikesh**, perfect for those seeking relaxation, self-discovery and a deeper connection with mind, body, and soul. Surrounded by the peaceful Himalayan atmosphere and the divine energy of the Ganga, the retreat includes daily yoga and meditation sessions, pranayama practices, sattvic meals, spiritual excursions and mindful living experiences that

help restore inner balance and harmony.

Guided by experienced teachers and immersed in a holistic yogic lifestyle, students and retreat participants not only gain internationally recognized certifications but also experience profound personal growth, inner peace and spiritual awakening in the Yoga Capital of the World.

For more details, please visit <https://indiafinder.in/detail/rishikul-yogashala-rishikesh-21775>