

200 hour yoga teacher training in India - Rishikul Yogshala



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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://www.indiafinder.in/detail/200-hour-yoga-teacher-training-in-india-14384>