

Hari Om Yoga Vidya School



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In Rishikesh, India, the 200-hour yoga teacher training programme lasts for 28 days. Your comprehension of yoga practises will expand thanks to the solid foundation laid down by the [200 Hour Yoga TTC in Rishikesh](#). Yoga has gained enormous popularity in the modern day, primarily due to its physical practises, while other crucial components of yoga have been neglected. We incorporate a comprehensive study of yoga into our Yoga TTC and infuse spirituality into our yoga instruction. Our curriculum helps students develop their personal and spiritual selves.

For more details, please visit <https://www.indiafinder.in/detail/hari-om-yoga-vidya-school-14954>