Om Shanti Om Yoga Ashram

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Om Shanti Om Yoga Ashram is one of the classical Yoga Teacher Training Ashrams in Rishikesh, India established in 1999 by world-famous Swami Yogananda Maharaj Ji (who achieved Maha Samadhi on 3rd January 2015, aged 106 years old).

We are located in one of India’s most spiritually rejuvenating places, Rishikesh situated at the foothills of the majestic Himalayas and along the banks of the Holy River Ganges.

Yogi Dinesh Ji is a long-term student of Swami Yogananda Ji and the Director of the Ashram with an E-RYT 500 qualification from Yoga Alliance USA. Om Shanti Om Ashram is a Registered Yoga Ashram certified by RYS 200, 300 & 500 with internationally recognized Yoga Alliance USA with professional team teachers who are very keen to share their knowledge.

Our goal is to cultivate and nurture students in holistic teaching of traditional practices enabling them to understand the essence of the

authentic life of Yoga, thru our well-trained trainers.

Our **Yoga Teacher Training courses** in Rishikesh will enlighten you with knowledge about this ancient art and science, and rejuvenate your mind and soul in the peaceful lap of the Himalayas. With a wide range of courses for Yoga Teacher Training, to choose from, you can enroll with us and learn at the pace you want at very affordable prices.

200 Hour yoga teacher training course in Rishikesh India **i**s taught by an experienced and best-certified yoga teachers team from Rishikesh, who provide personalized attention to each student. The curriculum includes in-depth knowledge of traditional Hatha yoga and Ashtanga vinyasa yoga, asana body alignment and adjustment techniques, yogic anatomy and physiology, yoga philosophy, teaching methodology, mantra, pranayama, and ethics for yoga teachers.

In addition, the course offers training in Ayurveda, the traditional Indian system of medicine, which helps students understand the relationship between yoga and Ayurveda, and how to use Ayurvedic principles to create personalized yoga practices for their students.

The course duration of **200-hour yoga teacher training** at Yoga Om Shanti Om Yoga Ashram is typically 25 days. Upon completion of the course, students will receive a 200-hour Yoga Alliance certification, which enables the glorious opportunity to register as registered themself to become RYT-200 and be able to teach yoga worldwide.

For more details, please visit https://www.indiafinder.in/detail/om-shanti-om-yoga-ashram-16282