

## Rishikul Yogshala Organizing 200-Hr Yoga, Ayurveda Teacher Training Course Every Month



  
**200 HRS YOGA & AYURVEDA TEACHER TRAINING COURSE**

In God's Own Country  
Kerala, India

Every month  
From 7th - 30th

**FOR TRANSFORMING JOURNEY**

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Pattambi, Kerala Aug 23, 2022 ([Issuewire.com](http://Issuewire.com)) - Rishikul Yogashala is accepting applications for their [200-hour Yoga and Ayurveda Teacher Training Course](#) scheduled to be held every month from 7th to 30th in Kerala, the God's Own Country, in India. It is a basic training format that is completed in 200 hours, which is the minimum criteria required to become a teacher in the Yoga and Ayurveda field. It will cover various topics like what Ayurveda is and how to do Yoga asana apart from techniques and tips to handle students and classes.

Kerala is the best place to learn as it is the birthplace of Ayurveda and deeply linked with Yoga. Rishikul Yogashala has a holistic approach to offering teacher training courses and participants are exposed to both Ayurveda and Yoga, which are considered twin sisters.

The teachers of Rishikul Yogashala offering training to students are professional and have years of experience. They strictly follow the curriculum and help the learners to get acquainted with the daily routine such as starting the day before sunrise and ending after sunset equipped with a couple of breaks that includes breakfast and lunch.

The focus of the school's [200-Hour Yoga and Ayurveda Teacher Training Course in Kerala](#) is to make the students one of the best teachers in Yoga and Ayurveda in the world so that they can teach others with perfection.

### **About Rishikul Yogshala**

Rishikul Yogashala has been spiritually nurturing students for decades in unfolding their spiritual self by leading a life based on simplicity, compassion and service. It offers authentic programs under various curriculum, complying with the Yoga Alliance standards, to interested students from across the world to get the taste of Yoga and Ayurveda. Backed by professional yoga teachers, the yogashala guides the learners to open up completely to life on various levels including spiritual, emotional, mental and physical. The teaching model is deeply cooperative and experimental.

The yogashala is located amid a beautiful hill and river location to offer state-of-the-art teaching infrastructure equipped with required modern facilities.

### **About Kerala - God's Own Country**

Many know that Kerala is called God's Own Country due to its scenic beauty, its golden sands of serene beaches and grove of coconut trees apart from water bodies. One can feel here the charm and magnificence of sunset hues and experience sublime peace. It is blessed with natural beauty and good weather. It is a paradise on earth and a perfect spiritual gateway to [practice meditation and yoga](#).

Ayurveda is well known as the oldest healing science. It is known for the detoxifying body, mind as well as soul. In earlier days Kerala was popular for Ayurveda.

**Visit us -**

<https://www.rishikulyogshala.org/>

**Training Dates: 7th to 30th (Every Month) (Offline/Online)**  
**Training Venue: Rishikul Yogshala School Campus, Kerala, India**

**Contact Details: [info@rishikulyogshala.org](mailto:info@rishikulyogshala.org), +91-9845271423**



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**Rishikul Yogshala**  
Spreading the Wisdom & Its Culture

## Media Contact

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Source : <https://www.rishikulyogshala.org/>

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