

200 Hour Yoga Teacher Training in Rishikesh



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Yoga Prakash Rishikesh known

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Yoga is not just an exercise, but a way of living a healthy and meaningful life. It synchronizes the mind with the soul of the human body. In early times, it was believed that a Yogi, who practice Yoga had tresses, dwelled in the jungle and wearing ochre robes. But now, the meaning of Yoga and Yogi has been modified. People understand the value of Yoga and practice it daily to be fit and healthy.

Rishikesh is a place, well-known for Yoga and Yogis. It is not only a sacred place to visit but also a hub of yoga teacher training. And Yoga Prakash consistently works in the direction of creating awareness of Yoga worldwide. Yoga aspirants, who want to explore every aspect of Yoga, can join 200 hours Yoga Teacher Training Course in Rishikesh, conducting by **Yoga Prakash**. An excellent opportunity for Yoga practitioners and aspirants not only to learn Yoga but also to introspect themselves and synchronize their mind, body and soul together.

Yoga Prakash is providing a comprehensive Yoga Teacher Training of 200 hours in which they will impart the fundamental philosophy behind Yoga. They will guide how to perform **Hatha Yoga and Pranayama in Rishikesh** along with cantillation of mantras. Both type of knowledge about Yoga, theoretical as well as practical, will be imparted.

Importance of 200 Hour Yoga Teacher Training Rishikesh

200 hours is an appropriate time interval in which Yoga aspirants can have detailed knowledge of **Yoga clubs, Hatha Yoga, Pranayama and Yoga school in Rishikesh**. Yoga is congruous with spiritual and scientific ideas, so it demands a sufficient amount of time to experience and imbibe the teachings of Yoga.

Yoga is a conglomeration of spirituality and scientific ideas. Even our epics tell about Yoga practise in ancient time. Yoga and Pranayama help in introspection. Introspection means to examine inner feeling and ideas, like Meditation. In **200 hours, Yoga Teacher Training in Rishikesh**, yoga seekers will experience all the things mentioned above under the supervision of trained yoga teacher at **Rishikesh Yoga Prakash**.

For more details, please visit <https://www.indiabusinessstoday.in/detail/200-hour-yoga-teacher-training-in-rishikesh-dehradun-554170>