

Curriculum

200-hour Yoga + 50-hour Aerial Yoga Teacher Training Course

Location: Rishikesh Yog Kendra, Tapovan, Rishikesh, India

Certification: Yoga Alliance (USA & International) Certified

Core Curriculum (200-Hour YTTTC)

Traditional Disciplines Covered:

- Hatha Yoga (Theory & Practical)
- Vinyasa Flow (Theory & Practical)
- Asana & Pranayama Practices
- Yoga Philosophy (Yoga Darshana)
- Yoga Anatomy & Physiology
- Yoga Alignment & Adjustments
- Meditation (Traditional & Tantric)
- Yoga Nidra (Yogic Sleep)
- Trataka (Gazing Meditation)
- Mantra Chanting & Bhakti Yoga
- Bandhas (Energy Locks)
- Mudras (Gestures)
- Shatkarma (Yogic Cleansing)
- Yogic fasting & cleansing techniques
- Teaching Methodology & Practicum
- Chakra Meditation & Sound Healing

Specialization Module (50-Hour Aerial Yoga YTTC)

Key Components:

- 45+ hours of hands-on Aerial Yoga Practice
- Master 80+ Aerial Asanas
- Aerial Surya Namaskar Flows
- Aerial-Based Anatomy & Alignment
- Aerial Yoga Methodology & Teaching Techniques
- Exploration of Hoop, Silk & Bungee Variations
- Intermediate to Advanced Aerial Flows
- Therapeutic Applications of Aerial Yoga
- Studio Setup & Volunteer Opportunities

Accommodation & Facilities

- Private, Shared & Four-Shared Options
- AC/Non-AC choices available
- Private bathrooms, hot water & WiFi
- Filtered water, toilet paper, and soap on arrival
- Spacious balconies with mountain views

Meals & Wellness

- 3 Satvik vegetarian or vegan meals daily
- Special diets (gluten-free, dairy-free, etc.) are accommodated
- 1 Complimentary Ayurvedic Massage
- Cleansing Kit provided (Jal Neti, Rubber Neti, Eye Cups)
- Weekly Room Cleaning

Experiential Activities

- Opening Fire Ceremony (Hawan)
- Ganga Aarti Participation
- Beach & Outdoor Yoga
- Excursion around Rishikesh
- Kirtan & Dance Evenings
- Sound Healing Sessions
- Guest Workshops
- Self-Study & Reflection Time

Sample Daily Schedule (200-Hour + 50 hour Aerial YTTC)

Time	Activity
05:30 – 06:30 AM	Meditation
06:45 – 07:15 AM	Shatkriyas
07:30 – 09:00 AM	Asana & Pranayama
09:00 – 09:30 AM	Breakfast
10:30 – 11:30 AM	Yoga Philosophy
12:00 – 01:00 PM	Yoga Anatomy
01:00 – 01:30 PM	Lunch
03:00 – 04:00 PM	Self Study
04:30 – 06:15 PM	Asana, Alignment & Adjustment
07:00 – 09:00 PM	Self-study / Free Time / Dinner
09:00 PM	Lights Off

Course Fees

- Private Room: **\$1249**
- Shared Room: **\$1049**
- Four Shared Room: **\$849**

Discounts may apply in select months (check website for updates).

Note:- Indian Prices are different.

Travel & Arrival

- Arrival Day: 3rd of the month
- Opening Ceremony: 3rd (Wear white)
- Graduation: 30th of the month

What's Included

- Course Materials (Manuals, E-books, Stationery)
- Yoga Mats & Props
- Yoga Alliance Certification (200-Hour RYT + 50 Hour Aerial Yoga)
- Community Support & Future Volunteer Options

Contact & Enrollment

- Website: www.rishikeshyogkendra.com
- Email: rishikeshyogkendra1@gmail.com
- Phone / WhatsApp: +91-7417143366
- IG Reels & Reviews:
<https://www.instagram.com/reel/C8J9CgJvAwW/?igsh=Z2Fya3c3cXJ60TU0>
- Join WhatsApp Channel:
<https://whatsapp.com/channel/0029Vadxq53LY6dDXInbzo0>