



Rishikesh Yog Kendra

Rishikesh, Tapovan, India

100 Hour - Aerial Yoga Teacher Training



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Greetings from Rishikesh Yog Kendra!

We're excited to welcome you to our 100-Hour Aerial Yoga Teacher Training Course, taking place from every months 24th to 4th, 2025.

What You Will Learn:

- **45+/75+hours of immersive Aerial Yoga practice**
- **80+/120+ Aerial Yoga poses**
- **Aerial-based Anatomy & Alignment**
- **Aerial Surya Namaskar Sequences**
- **Aerial Methodology & Intermediate-Advanced Flows**
- **Dedicated sessions on Hoop, Silk & Bungee**
- **Yoga Therapy through Aerial**
- **Sound Healing Sessions**
- **RYK Aerial Yoga Manual**
- **Volunteer Opportunities in Rishikesh**
- **Studio Setup Guidance**
- **Yoga Alliance International Certification**

What's Included:

- **Full Course Tuition**
- **Course Materials**
- **Accommodation**
- **3 Vegetarian Meals on Full Teaching Days (2 Meals on Saturdays)**
- **Wi-Fi**
- **T-shirt & Welcome Kit (Bag Included)**

Not Included:

- **Airfare / Visa Fees**
- **Airport Pickup (available at extra cost)**
- **Laundry (available at extra cost)**



Course Fees

100-Hour Aerial Yoga TTC

- Private: ₹45,000
- Shared (Non-AC): ₹35,000

Optional AC Charges:

- ₹400/day for Private Room
- ₹200/day per person for Shared Room

Booking Procedure:

To confirm your seat, please pay the booking amount of ₹5,000. The remaining balance can be paid upon arrival.

Payment Options:

- Bank Transfer
- UPI / GPay / Paytm
- GPay / UPI: +91 8130300687
- HDFC Bank A/C: 50100355717630
- IFSC Code: HDFC0000725

**Need Help? We're here for you on Call or WhatsApp at
+91 7417143366**

Website: www.rishikeshyogkendra.com

Instagram: [Click to view](#)

Join Our Community: RYK WhatsApp Channel

Elevate your yoga journey with the art of flying.

Namaste & See You in the Air!

— Team Rishikesh Yog Kendra