



## YOGA TEACHER TRAINING LOCATION IN RISHIKESH

Your Teacher Training course will be held in Rishikesh town and provide a comfortable environment for your practice. The school is surrounded by a breath-taking landscape of nature and a holy river for you to admire.

### Equipment and Services

- CORNER KITCHEN
- GARDEN
- STUDIO YOGA
- CAR PARK
- WIFI
- EXCURSIONS

### Things To Do

- HIKING
- VISITING TEMPLES AND THE RISHIKESH TOWN, WATERFALL
- RIVER RAFTING
- GANGA AARTI (CEREMONY)
- AYURVEDA MASSAGE & OTHERS
- SHOPPING

## How to Get There

### Recommended Airport

Note : For international flights, please book your tickets for New Delhi International airport (IGI) located 240 km from Rishikesh town (training center)

After that the simplest option is to take a domestic flight from New Delhi to Dehradun airport . We will Organize your transfer to the center.

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## What is Included

- Shared accommodation with private bathrooms (25-days) In the Yoga town centre.
- 3 daily meals Breakfast, Lunch, Dinner (Vegetarian)
- Visit the Temple of the Rising sun
- Visit of Rishikesh town as well as other things
- River rafting
- Airport transfer available: Only from Jolly Grant Airport Dehradun
- All courses: Asana, Anatomy, and Philosophy
- Course materials: Yoga mat, Yoga books, and Neti pot.



## What is not Included

- Airport transfer
- Flight and train tickets (to New Delhi and Dehradun)
- Travel and cancellation insurance
- Personal expenses

~ HARI OM TAT SAT ~