

Join 200 hour Yoga Teacher Training Course in Kerala

Akshi Yogashala invites yoga lovers to join its 200 hours Yoga Teachers Training Course in Kerala for its next season January 2017.

KERALA, INDIA, October 13, 2016 /EINPresswire.com/ -- [Akshi Yogashala](#), as one of the highly reputed schools of Yoga based in Rishikesh is now inviting candidates for 200 hours [Yoga Teacher Training in Kerala](#) to be held in January 2017. It would be the complete holistic program involving all forms of Asanas; Hatha Yoga, Ashtanga Yoga, Vinayasa Meditation, Pranayama, Yoga Nidra, Philosophy of Yoga, Yoga ethics and science.



Exclusive attraction will be the meditation classes that would be regularly held by the beach or over the cliff and that too during sunrise or sunset. Students will be acquainted with the Ayurveda, Oil massage, water therapy and other ancient forms of treatment, the practice of which is hardly seen in the rest of India but is retained and practiced in many areas of Kerala.

Starting on 5th January 2017, the program would not only make students yogis but perfect human beings. Such would be the intensity of the program. There would be an in depth training of each aspect of yoga which would give them a life changing experience. After the completion of the program, students can register as RYT with Yoga Alliance USA.

Based in Rishikesh, Akshi Yogashala is successfully conducting [Yoga Teachers Training courses](#) in several parts of India and is proudly retaining the traditional yoga culture. Its staff and yoga gurus are deeply dedicated towards their profession and give attention to each student's needs. With this they try to maintain a "Guru-Shishya parampara", wherein a strong bond or relation between the student and a teacher is developed. Guru means teacher, Shishya means student and parampara means tradition. This means a bond is formed between a student and a teacher.

Students can avail of the airy and beautiful accommodation, a very spacious and comfortable yoga studio and nutritious and delicious vegetarian meals. Weekends will be arranged for their visit to the beaches, temples, and other lucrative places.

Kovalam is a wonderful beach with three adjoining crescent beaches, with many leisure activities like swimming, herbal and toning massage, sunbathing, cultural programs, catamaran cruising etc, it become a perfect destination for the tourists from across the world. Thiruvananthapuram, the capital city is only 16 km away from Kovalam and reaching there is not difficult at all.

You are sure to come out of the confines of your life boundaries once you have landed in Kerala, and feel the difference in your lives and a way of looking at it. It would be a soul soothing and highly rejuvenating experience and much more for you.

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