



Dual Certification Yoga & Meditation Teacher Training India

200 Hour Ashtanga, Vinyasa, Yoga teacher Training in Goa, Rishikesh, Dharamshala India

DHARAMSHALA, GOA, INDIA, August 29, 2018 /EINPresswire.com/ -- [Beach Yoga](#) in Goa

Beach Yoga Teacher Training Class in Goa

Why to practice Yoga in Beach? Today as we all know that we are living in the techno and unnatural environment that is prone to deteriorating health conditions and it has become very important to look after our health and fitness. One of the best and trending way to enhance our physical/Mental, Emotional and Intellectual Health & Fitness is yoga. yoga helps us to overcome different health-related problems and makes us healthier and fitter. In India one of the best places to do Yoga and meditation is GOA.

In fact, Nowadays beach yoga is very popular in Goa and why not? People have an opportunity to practice Yoga asana in the open air, Surya Namaskar at Sunrise timing, Morning walk, and meditation. It will really make your day to do 100 % times with the regular practice of yoga on beach or outdoor. It is benefitting the practitioners at a very faster rate. At Goa beaches during winter in North India.

The natural atmosphere is very delightful and after experiencing the scenic environment beauty you can't say no to the yoga classes. Especially when you have the expert yoga trainers to look after your training sessions. Highly qualified and experienced yoga teachers help you to correct your postures, Body weight by giving you the best suitable training schedule and diet plan for your body.

So why not take 25 Days travel Yoga challenge at Goa?

Yoga teacher training in Goa at Mantra Yoga offers you 200-hour Ashtanga (Mysore and Led Style) Yoga, Vinyasa flow yoga for Beginner course where you get a chance to experience yoga asana practices in Beach and stay just 2 minutes walking distance from Arambol beach. Our [Yoga teacher training Goa](#) program is licensed with the Yoga Alliance USA at 200 Hour level.

Yoga learning at the beach of Goa is most exciting and enhancing the ability to learn faster and asana practice experience is most valuable when you get a chance to relax and drink some healthy juices.

Beach yoga is the best for our mental health because it is the combination of exercise and nature effects. It reduces your stress and stimulates our mind and body.

As we all know sea water is best for our skin because of the presence of healthy minerals. eczema and psoriasis can be treated by sea water.

Beach yoga burns your calorie at a faster rate and yoga enthusiasts utilize and value their time In India.

Yoga Exercise on sand gives an extra strain on your muscles and improves strength.

So let's join 24 days #AshtangaYoga & #VinyasaYoga challenge to experience in Goa and become an Internationally certified #Yoga Instructor to spread your yogic knowledge to other places on the planet.

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