

Aaya yoga introduces 200 hour yoga teacher training in Rishikesh, India

Yoga has been the exercises which require physical as well as mental stability. It gives mental confidence and calamity, people feel closeness when doing yoga.

RISHIKESH, UTTRAKHAND, INDIA, July 1, 2019 /EINPresswire.com/ -- People learn yoga for their benefit and if they're having trouble physically or mentally. People have been visiting Rishikesh to learn the Yoga as it the Yoga capital of India. While learning Yoga, it can be a fantastic experience for the people who want to fulfil their objective. With picturesque town and mesmerizing surrounding, it is one of the places where a person gets connected with nature.

Aaya Yoga is one of the learning centers where people can learn Yoga. They have one of their courses of the [200 hour yoga teacher training in Rishhikesh](#), India. In this course, the training will be for 200 hours, and it will be of the Aerial yoga or Yin Yang Yoga. People can become accomplished Yoga teachers and professionalize their career as we all know that aerial yoga is one of the most robust yoga to learn. It is not possible that everyone can make you train it. It has a specialized certification for Aerial yoga. All of the trainers who are available in the Yoga teacher training campus are well grooved and have certification.

One of the spokesperson said, "We at Aayaa Yoga have the students who are arriving from around the world. We provide them the best training in the world as we have experience as well as the excellence in Yoga. We have the course where we provide the 200, 100 and [50 hours of yoga teacher training in Rishikesh](#) camp. The Yoga Alliance International approves all of our trainers. We, with the help of our trainers, will build up a successful and rewarding career and will be the certified Yoga instructors."

He added, "As we all know, the regular Yoga is simple and don't have various complicated asanas. But in Aerial Yoga we have to hold up as there will be the requirement of partners, so you have to put trust in your partner." He added jokingly, "Choose the partner who has the excellent odor



Yoga teacher Training in Rishikesh



Yoga Course in Rishikesh

as there will be a lot of body touch whereas Yin Yoga is slow paced modern yoga with the combination of the asanas and postures. These Asanas is performed more than a minute. The extended period in the Yin yoga is the main feature of the Yoga. Beginners who have applied for this course may range from 45 seconds to two minutes while the advanced student will be having the asanas for more than five minutes."

The Yoga teacher training center is well equipped with basic necessity and have one of the delightful surroundings to learn the Yoga.

About Aaya Yoga,

Rishikesh is one of the delightful places to visit and also to learn Yoga. The center is in the heart of the Rishikesh with the holy river of the Ganges beside it. The ideal surrounding gives you the environment to learn Yoga with all your heart. With their 300, 200 hour [yoga teacher training course](#) in Rishikesh

camp, they provide all of the facilities. With all of the trainers who are certified Yoga trainers, there is a minimum chance of getting injured. From meditation to the Aerial and Ying Yoga, all of the yoga forms covers several courses of Yoga. Over the years, the training center has the classes for the beginners, middle-level learners, and even the accomplished one who wants to learn the new form.

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