

Pratham Yoga Offers Internationally Certified Yoga Teacher Training in the Yoga Capital of the World, Rishikesh India

Pratham Yoga in Rishikesh, India offers internationally certified yoga teacher training courses ranging from 100 hour TTC, 200 hour TTC to 300 hour TTC.

BERLIN, GERMANY, April 11, 2023 /EINPresswire.com/ -- Pratham Yoga in Rishikesh, India is pleased to offer its acclaimed yoga teacher training courses to international students, including 200 Hour TTC, 300 Hour TTC, and 100 Hour TTC. These courses are 100% certified with Yoga Alliance, USA, ensuring that graduates receive a globally recognized certification. At Pratham Yoga, students receive top-quality yoga teacher training from experienced and knowledgeable instructors. The curriculum is designed to provide a comprehensive understanding of yoga, including its philosophy, history, asanas, pranayama, meditation, and other aspects of the practice. The courses are suitable for students of all levels, from beginners to advanced practitioners.



Student Graduation at Pratham Yoga, Rishikesh

The [200 hour yoga teacher training in Rishikesh](#) is designed to provide students with a solid foundation in the practice and teaching of yoga. The course covers a wide range of topics, including anatomy and physiology, yoga philosophy, teaching methodology, and more. Students will also have the opportunity to teach their own classes and receive feedback from their instructors.

For those who wish to deepen their practice and teaching skills, the [300 hour yoga teacher training in Rishikesh](#) is an excellent option. This course is designed for students who have completed the 200 hour TTC or who have significant experience in yoga. The curriculum includes

advanced asanas, pranayama techniques, yoga therapy, and more. Students will also have the opportunity to teach advanced classes and receive feedback from their instructors.

For those who are short on time or wish to focus on a specific aspect of yoga, the [100 hour yoga teacher training in Rishikesh](#) is an ideal choice.

This course covers the basics of yoga philosophy, asanas, pranayama, and meditation. It is also suitable for students who wish to specialize in pregnancy yoga.

Pratham Yoga is renowned for its pregnancy yoga program, which is designed to provide safe and effective yoga practices for pregnant women.

The course covers prenatal yoga asanas, pranayama, and meditation, as

well as techniques for relaxation and stress reduction. Students will also learn about the physical and emotional changes that occur during pregnancy and how to modify their teaching to accommodate these changes.



Teaching the right form

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Pratham Yoga

“Our yoga teacher training courses are designed to provide students with a comprehensive understanding of yoga and its benefits,” said a spokesperson for Pratham Yoga. “We believe that yoga is for everyone and our courses are suitable for students of all levels, from beginners to advanced practitioners. Our instructors are highly experienced and knowledgeable, and they are dedicated to providing our students with the best possible yoga teacher training experience.”

Pratham Yoga is located in Rishikesh, India, which is known as the “Yoga Capital of the World.” The city has a rich history and culture of yoga, and it is home to many renowned yoga schools and ashrams. Students who choose to study at Pratham Yoga will have the opportunity to immerse themselves in the local culture and learn from some of the best yoga instructors in the world.

“Our location in Rishikesh is ideal for students who wish to deepen their understanding of yoga and its roots,” said the spokesperson. “The city has a vibrant yoga community and it is a

wonderful place to study and practice yoga. We welcome students from all over the world to come and experience the magic of Rishikesh and Pratham Yoga."

Pratham Yoga is committed to providing its students with a safe and supportive learning environment. The studio is equipped with state-of-the-art facilities and students receive individualized attention and support from their instructors. The studio also offers accommodation and meal packages for students who wish to stay on-site during their training.

"Our goal is to provide our students with a transformative yoga teacher training experience," said the spokesperson. "We believe that yoga has the power to transform lives and we are committed to helping our students develop the skills and knowledge to share this practice with others. We are proud to offer internationally certified yoga teacher training courses that are recognized by Yoga Alliance, USA, and we are confident that our graduates will be able to teach with confidence and skill wherever they go."

Pratham Yoga in Rishikesh, India offers internationally certified yoga teacher training courses to students from all over the world. With courses ranging from 100 hours to 300 hours, the studio provides a comprehensive understanding of yoga and its benefits. The courses are designed to cater to students of all levels and the experienced and knowledgeable instructors provide individualized attention and support. With a focus on providing a transformative yoga teacher training experience, Pratham Yoga is committed to helping its students develop the skills and knowledge to share this practice with others.

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Students in an Outdoor Yoga Session

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