

Benefits of 200 Hour Yoga Teacher Training in India

RISHIKESH, INDIA, UTTARAKHAND, January 26, 2024 /EINPresswire.com/ -- Gyan Yog Breath's [200 Hour Yoga Teacher Training in India](#) in one of the most popular courses in India. As one of the most renowned and authentic yoga ashrams in India, Gyan Yog Breath has preserved the traditional essence of yoga. Their 200 hour yoga teacher training in India uniquely emphasizes Therapeutic Yoga and Ayurveda, thus empowering future instructors with the valuable skills to adapt yoga for individuals with specific health needs.



Yoga Teacher training in India

An Authentic 200 Hour Yoga Teacher Training in India filled with Yoga Wisdom

At Gyan Yog Breath, the 200 Hour yoga teacher training in India unfolds as a profound exploration of yogic wisdom. With a focus on traditional yoga and modern scientific background, students gain insights into the therapeutic applications of yoga, making the training more inclusive and adaptable. The school is well-known for its commitment to comprehensive and tangible teachings, ensuring that students experience the authenticity of yoga's roots and benefits. The curriculum extends beyond the basic criteria of Yoga Alliance. It also includes Kids Yoga, Prenatal Yoga, Applied Ayurveda, Emotional Blockage® Treatment and Yoga Therapy. The 200 Hour Yoga Teacher Training in India fosters an understanding of yogic practices for all ages and stages of life. Participants are well-trained to modify their yoga practice according to personal needs (emotions, cycle, mental health) and external factors (season, time, location) as well.

Benefit Overview of the 200 Hour Yoga Teacher Training in India

1. Unique Curriculum and Yoga Alliance Certification

Gyan Yog Breath's 200 Hour Yoga teacher training in India is Yoga Alliance certified and offers a distinctive curriculum. Participants gain an in-depth education with additional modules like

Emotional Blockage®

Treatment, Kids Yoga, Prenatal Yoga, Yoga Therapy and Ayurveda.

2. Most Authentic Teachings from Highly Qualified Teachers

One gets to experience the authenticity of yoga teachings from highly qualified instructors. The caring team, each holding at least a master's or PhD in yoga or Ayurveda, ensures participants receive the most genuine and profound insights.

3. Peaceful Location Overlooking the Himalayas

Nestled at the most tranquil spot in Rishikesh along the Ganges and near the national park, Gyan Yog Breath provides an oasis of peace. Participants can enjoy the breathtaking views of the Himalayas while practising yoga and following a yogic sattvic (pure) diet.

4. Excellent Facilities and Course Materials

Trainees get to live in the newly built Gyan Yog Breath ashram that follows Western standards and is equipped with lots of natural light, comfortable interiors and wooden yoga hall flooring. The high-quality course materials, including books, mats, and yoga kits, ensure a clear and enriching learning experience.

5. 16 Years of Experience and Outstanding Reviews

Join a community with a 16-years of experience in fine-tuning and improving the 200 Hour Yoga teacher training in India. Gyan Yog Breath has received hundreds of outstanding 5-star reviews and so far welcomed more than 2500 graduates from 50+ countries.

Advanced Yoga Teacher Training Courses at Gyan Yog Breath

Gyan Yog Breath also offers more advanced courses for those seeking deeper knowledge and specialization.

The [300 Hour Yoga Teacher Training in India](#) is an advanced level of training for individuals who have already completed a foundational 200 hour yoga teacher training. It builds upon the foundational knowledge gained in the 200 hour program, delving deeper into the philosophy, practice, and teaching methodologies of yoga. The 300 hour yoga teacher training in India offers a more comprehensive understanding of advanced asanas, pranayama techniques, meditation practices, and the therapeutic applications of yoga. Trainees get to elevate their teaching skills to more advanced levels and learn how to mindfully guide their students suffering from heart disease, backpain, migraine, insomnia, diabetes, anxiety and depression.

The [500 Hour Yoga Teacher Training in India](#) is an advanced-level program that combines both the 200 hour and 300 hour YTT courses. Taken consecutively, this comprehensive training offers an in-depth study and practice of yoga, spanning a total duration of around 40 days.

The structure of the 500 hour yoga teacher training in India involves more than 12 main modules covering all areas of yoga from beginner to more advanced levels. Each component builds upon the other, providing a seamless progression of knowledge and skills. This combined training

covers a wide spectrum of yogic practices, philosophy, anatomy, teaching methodologies, and practical experiences.

By undertaking the 500 hour yoga teacher training in India, participants can complete both the foundational and advanced Yoga Alliance certifications in one continuous program. This extended duration allows for a more immersive and thorough exploration of yoga, fostering a deeper understanding of its principles and practices.

Gyan Yog Breath's Fertility Yoga Teacher Training in India is a specialized program designed for yoga instructors interested in supporting individuals and couples on their fertility journey. Fertility Yoga focuses on the application of yoga practices, mindfulness, and holistic approaches to enhance reproductive health and fertility.

During a Fertility Yoga Teacher Training in India, participants learn about the connection between yoga and fertility, exploring specific asanas, breathing techniques, and meditation practices that positively impact reproductive well-being. The curriculum covers topics such as understanding the menstrual cycle, hormonal balance, diseases, stress management, and lifestyle factors affecting fertility.

Participants gain insights into guiding women and couples through fertility yoga mindfully and creating sequences tailored to individual needs.

Participants of any course, surely embark on a transformative journey at Gyan Yog Breath, where yoga becomes a way of life, and teaching extends beyond the physical postures to touch the essence of well-being on all levels.

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