

Yoga India Foundation Helps Students Stay Calm and Cool Through Authentic Yoga Teacher Training

Rishikesh-based school outlines how breathing practices, meditation and traditional asana are taught to support calm and balance during its 200-hour Program

RISHIKESH, UTTARAKHAND, INDIA, October 12, 2026 /EINPresswire.com/ -- Yoga India Foundation, a yoga teacher training school in Rishikesh, today shared an overview of how its traditional training programs address stress and mental balance. The school said its curriculum introduces students to breathing techniques, meditation and gentle asana (physical postures) that are designed to support a calm and steady state of mind.



As a response to the increasing stress of everyday life, many have begun to look for answers in ancient traditions, and one of the areas becoming increasingly popular is India, the birthplace of yoga. Yoga India Foundation has based their [Yoga Teacher Training in India](#) programs around this newfound interest and offers the opportunity for students to learn in an environment similar to what the great masters once did. The school's ashram is located near the Ganges River and borders Rajaji National Park. This provides a serene environment for students to study, away from the urban sounds and stress of the city. The program is designed to allow time for students to study, rest, and reflect.

Breathwork and the ancient science of pranayama is the primary focus of the training. Other practices such as Nadi Shodhana and Shetali are also introduced. Other components of this ancient science, including meditation and understanding the philosophies of yoga, are also practiced and studied by students to gain a better perspective of this way of life.

The goal of the program is to build a foundation in ancient yogic science, culture, practices, and

philosophies. This includes asanas (yoga postures), pranayama, and meditation. The program is broad and intensive in its approach to allow a deeper perspective of the integral elements of this ancient science and the culture of yoga.

Calmness is not something that can be forced. It develops gradually when the body, breath and mind are given time and attention at Yoga India Foundation. “Students are introduced to each practice step by step, so the techniques are properly understood and can be carried into everyday life long after the training ends.”

How the Programs Are Structured

The school offers [200-hour Yoga Teacher Training in India](#) and 300-hour Yoga Training programs. The hours refer to the total length of each course. The 200-hour program covers foundational asana, pranayama, meditation, anatomy, yoga philosophy and teaching methodology. The 300-hour program is designed for students who have already completed foundational training and wish to deepen their understanding of advanced practices, sequencing and teaching skills. Both programs include practical teaching experience, so students can learn how to guide others with clarity and care. For students who wish to prepare in advance, Yoga India Foundation provides course PDFs, study materials and an online book before the training begins.

Calming Techniques Shared by the School

The Yoga India Foundation provides educational resources for instructors to showcase three beginner-level practices that are taught during training. Nadi Shodhana is a practice that works on the breath, in which a person sits comfortably and alternates blocking each nostril while breathing slowly and gently through the other. Sheetali is a practice which is traditionally associated with a sense of coolness and is practiced at a relaxed pace for a few rounds. The third practice is an elongated exhale, in which a person takes a slightly longer time to exhale than to inhale to encourage a sense of relaxed ease.

Relaxation practices such as Yoga Nidra, a systematic deep rest practiced while lying down are also covered in the training. The school mentions the above practices are provided for educational purposes and are not meant to treat or replace medical care. Students interested in practicing any of the above are encouraged to consult a trained professional to assess if the practices are suitable for them, especially if they are dealing with any health concerns.

“Many students arrive feeling busy and overstimulated.” The school aims “to give them a clear and practical understanding of traditional methods so they can find steadiness in their own way, at their own pace.”

A Gentle, Supportive Approach

Since its founding, the school reports that it has trained more than thousands of graduates from over 90 countries including the United States, the United Kingdom, Germany, Canada, Australia, Japan and more. The teaching team follows a gentle, beginner-friendly approach so that students from different backgrounds and experience levels can participate comfortably. Classes are taught in small, supportive groups, and instructors offer individual guidance throughout the course.

Rishikesh continues to draw international students seeking traditional yoga education, and Yoga India Foundation said it plans to keep its focus on classical methods, clear instruction and a calm learning environment.

Information about course schedules, accommodation and enrollment is available on the school's website: <https://www.yogaindiafoundation.com>

About Yoga India Foundation

Yoga India Foundation is a yoga teacher training school based in Rishikesh, India, known as the Yoga Capital of the World. The school offers 200-hour and [300 hour yoga teacher training in India](#) programs rooted in traditional Hatha and Ashtanga yoga, pranayama, meditation and yoga philosophy.

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