



Yoga TTC 300 Hours

Come and be a part of our 300-hour teacher training in the Vinyasa and Ashtanga systems in Rishikesh.

Bindusar Yoga® 300-hour yoga course is for students/teachers who have already completed a 200-hour Yoga Alliance® approved certification program and want to take their education to the next level. The program consists of 25 days of intensive yoga teacher training which provides the 260 + 40 instructional hours required for Yoga Alliance® RYT 500® Certification in Rishikesh, India.

The course is designed for individuals who maintain a consistent commitment to practice and learning. Prospective participants should have a minimum of one year of practice and be proficient in performing at least Ashtanga half-led. The course is conducted in English, led by Mukesh Kothari as the primary teacher and supported by a team of exceptionally qualified instructors.

FOR MORE INFO & BOOKINGS

INFO@YOGIMUKESH.COM

Master The art of Vinyasa

at the home of
yoga in Rishikesh

August 07-31, 2024



VINYASA KRAMA

The "Vinyasa Krama" method incorporates a structured and deliberate sequence of yoga poses, synchronizing each movement with the breath to create a harmonious and effective practice.

ASHTANGA VINYASA

When teaching Ashtanga yoga, it is essential to emphasize the importance of not only the physical practice but also the incorporation of mindful breathing and precise counting of vinyasa.



WHERE

BINDUSAR YOGA RISHIKESH

TAPOVAN,
WEST LUXAMNJHoola
RISHIKESH

+91- 7895641899

YOGA SUTRA

One key aspect for yoga teachers is to deeply understand and apply the teachings of the Yoga Sutras in their practice and teachings.

CONTENTS

1. Vinyasa Krama and Ashtanga - Mastery of Hatha Yoga Pradipika
2. Mastering the advanced classes teaching methodology.
3. Workshop methodology. Art of creating successful workshops
4. Meditation and Samadhi- Complete Yoga sutra translated into practice
6. Anatomy and Physiology into intermediate and advanced postures.
7. Personal transformation into a new elevated self.



BOOK YOUR PLACE -

Sharing room at - 1999 USD

Private room at - 2450 USD

- Includes all vegetarian meals, tuition fees and books.
- Does not include airfare, taxi, laundries, and other expenses.

HOW TO BOOK

Book your place by wire transfer of 500 USD, Rest amount to be paid cash while arrival at school.

When sending us an email for inquiries, we will provide you with additional information and the necessary bank account details. Email us at info@yogimukesh.com.



DAILY SCHEDULE

Daily Schedule

07:00 AM	Pranayama and Bandhas
08:00 AM	Vinyasa Class Practice Ashtanga, Vinyasa Krama
09:00 AM	
10:00 AM	Breakfast
11:00 AM	Anatomy
12:00 PM	Yoga sutra
01:00 PM	
02:00 PM	Lunch and self study
03:00 PM	Teaching Methodology
04:00 PM	In depth Asana
06:00 PM	Meditation