

300 Hour Yoga Teacher Training in Rishikesh

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Yoga is like an ocean the deeper you get into it the more Enlightened you become, The entire syllabus of 300 Hour is created on the basis of what you have learned in 200 Hour Yoga Teacher Training. This course gives you confidence & skills to teach all types of students beginners, intermediate & advanced levels. The major reason why would you like to take this 300 Hours Yoga course is that you will learn the advanced levels of Yoga posture ,Yoga Philosophy and immerse yourself in the depth of ancient yoga's knowledge and its science. This course also gives you an opportunity to become RYT 500 Hours and enables you to become a successful yoga teacher who can teach in any part of the world with great confidence.

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