



EST. 2010 · YOGA ALLIANCE USA CERTIFIED

RISHIKUL YOGSHALA

RISHIKESH · INDIA

Yoga Teacher Training · 100 / 200 / 300 / 500 Hour Courses

16+
YEARS

25,000+
STUDENTS

80+
COUNTRIES

4.8★
GOOGLE

"Not just a certification — a transformation that stays with you for life."

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Narayan Kunj, Jonk Village, Ram Jhula, Swarg Ashram, Rishikesh, Uttarakhand 249304, India

Welcome to Rishikul Yogshala Rishikesh

Established in 2010, Rishikul Yogshala Rishikesh is one of the most trusted Yoga Alliance USA certified schools in Rishikesh — the Yoga Capital of the World — where students from the USA, UK, Germany, Spain, France and 80+ countries have found their true yogic path.

Choosing a yoga school is one of the most personal decisions you will make. At Rishikul Yogshala, that decision is met with 16+ years of authentic teaching, a tradition rooted in real practice, and teachers who have lived every part of this journey themselves.



Opening ceremony gathering

16+

YEARS OF TEACHING

25,000+

STUDENTS CERTIFIED

80+

COUNTRIES REPRESENTED

4.8/5

GOOGLE RATING

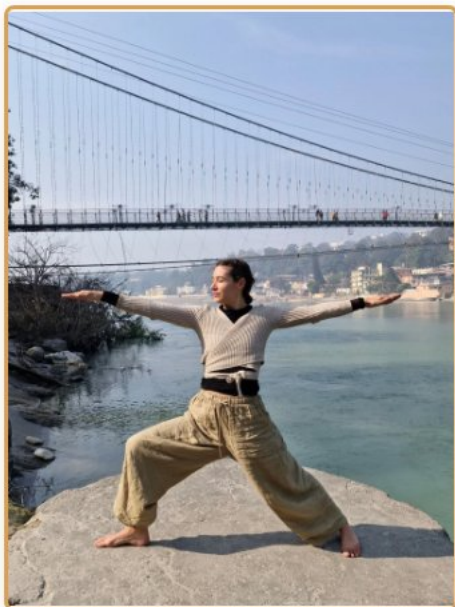
Located in the Heart of the Himalayas

Nestled in Jonk Village near Ram Jhula, Swarg Ashram, our school sits in the foothills of the Himalayas beside the sacred Ganges river — the very landscape where yoga has been lived and passed down for centuries.



Our Mission

We teach yoga not as a trend, but as a timeless lifestyle passed down through the ages — blending classical Hatha and Ashtanga technique with the realism of teaching as a profession, so every graduate leaves ready to teach anywhere in the world with confidence and integrity.



Practising by the Ganges



Sacred fire ceremony



Practice hall session

Why Choose Rishikul Yogshala?

Not just a certification — a transformation that stays with you for life.

Traditional Teachings, Modern Touch

Rooted in classical Hatha and Ashtanga Yoga, our curriculum blends pranayama, meditation, philosophy and anatomy into one well-rounded, applied education.

Experienced & Passionate Teachers

Every instructor is E-RYT certified by Yoga Alliance USA with 10–15+ years of hands-on experience, several here since the school began in 2010.

Authentic Ashram Lifestyle

Students live in a peaceful ashram environment that supports discipline, order and deep inquiry into the self — from spirituality to professionalism.

Small Batches of 15–20 Students

We choose quality over quantity, so every student receives personal attention, hands-on correction and guided support.

Affordable Without Compromise

Thoughtfully priced programs that remain accessible without ever compromising on the quality of accommodation, food or teaching.

Supportive Global Community

Join a worldwide family of 25,000+ graduates across 80+ countries who stay connected long after training ends.

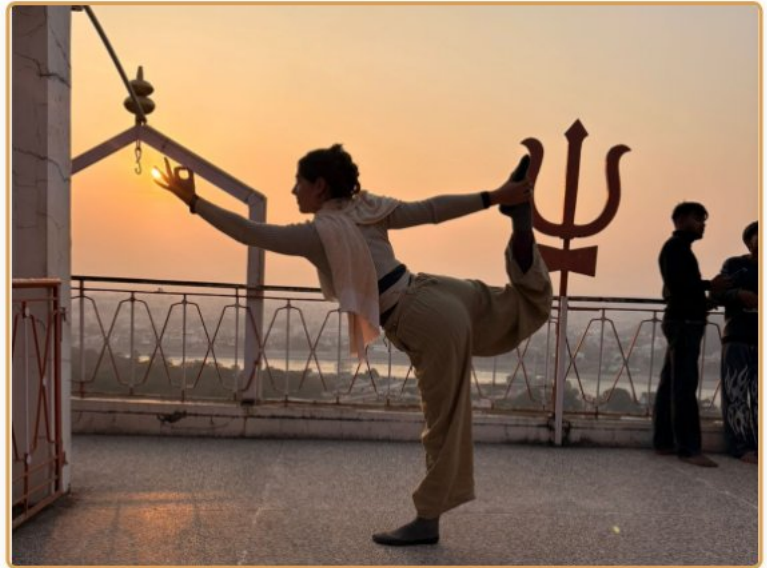
Why Students Choose Rishikesh Itself

Rishikesh is where yoga has been lived, practised and passed down for centuries. Every year, students from 80+ countries arrive with one purpose — to learn yoga — and training alongside people from every culture and background brings a richness that goes far beyond the classroom.

Our Yoga Teacher Training Courses

Yoga Alliance USA Certified — 100, 200, 300 & 500 Hour Programs

Whether you are just beginning your yoga journey or already hold an RYT 200 certification, Rishikul Yogshala has a program designed to meet you exactly where you are. All courses combine Hatha and Ashtanga Yoga, pranayama, meditation, philosophy, anatomy and teaching methodology.



Asana practice at sunset

COURSE	DURATION	CERTIFICATION	BEST FOR
100 Hour YTTC	12 Days	Foundation / Participation	Beginners wanting a strong first step
200 Hour YTTC	23 Days	RYT 200	New teachers seeking full certification
300 Hour YTTC	27 Days	RYT 300	RYT 200 holders going deeper
500 Hour YTTC	8 Weeks	RYT 500	Comprehensive 200+300 combined

Yoga Alliance Certification Path

- Complete a **200 Hour YTTC** to register as an RYT 200 — the minimum requirement to teach professionally.
- Add a **300 Hour YTTC** after your 200 Hour to become eligible for RYT 500.
- Or complete the comprehensive **500 Hour YTTC** in one program, combining both levels.
- The **100 Hour YTTC** covers the first module of the 200 Hour program.

Every course combines asanas, pranayama, meditation and mantra chanting, yoga philosophy, anatomy & alignment, and teaching methodology & practicum.

100 Hour Yoga Teacher Training

The perfect way to begin your yoga education with a strong foundation. Study fundamental Hatha and Ashtanga asanas, pranayama, meditation, mantra chanting, mudras and the basics of anatomy and teaching.



100 HOUR YTTC

12 Days · Foundation / Participation

\$730 intl.

Includes

- 12 Days Accommodation
- Daily sattvik meals
- Yoga material & training manual
- Free Ayurveda & sound healing session
- 24-hr reception, WiFi & CCTV

Available batches: Jun, Jul, Aug, Sep, Dec 2026 — starts 7th, ends 18th. 20% advance deposit secures your seat.

200 Hour Yoga Teacher Training

Where most students begin their journey to becoming a certified instructor. Over 23 days you will step into the traditional styles of Hatha and Ashtanga Yoga, alongside laughter yoga evenings, soulful kirtan nights and peaceful outdoor excursions.



200 HOUR YTTC

23 Days · RYT 200

\$1,350 private

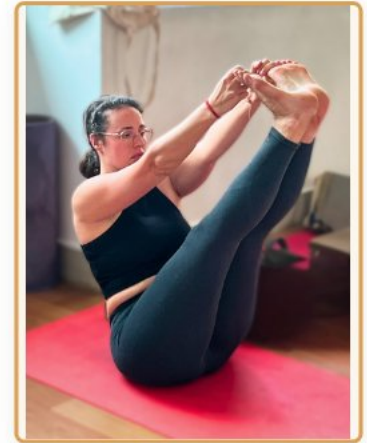
Shared Room: \$1,200

Dates & Details

- Runs 7th–30th of every month
- Small batches of 15–20 students
- Beginners welcome
- Full certification recognised worldwide

300 Hour Yoga Teacher Training

For graduates who already hold an RYT 200 certification, ready to go deeper. This advanced program explores yoga philosophy, anatomy, kriyas and Yoga Nidra alongside more advanced asanas.



300 HOUR YTTC

27 Days · RYT 300

\$1,480 private

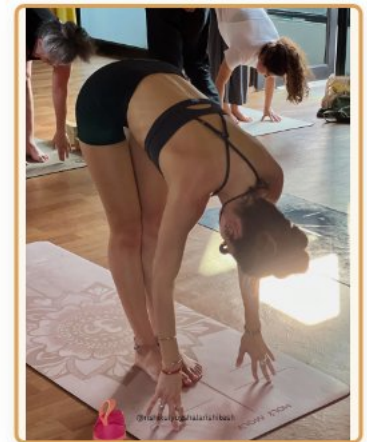
Shared Room: \$1,280

Dates & Details

- Runs 7th to 2nd of the following month
- Prerequisite: RYT 200 certification
- Advanced kriyas, philosophy & Yoga Nidra
- Progresses you toward RYT 500 status

500 Hour Yoga Teacher Training

Become an E-RYT 500 with our comprehensive 8-week program. Learn asanas, pranayama, meditation, philosophy and Ayurvedic nutrition in one intensive journey.



500 HOUR YTTC

8 Weeks · RYT 500

\$2,700 private

Shared Room: \$2,400

Dates & Details

- Runs 8 weeks from the 7th of the month
- Combines the full 200 & 300 hour curriculum
- Includes Ayurvedic nutrition training
- Highest teaching credential offered

All course fees include accommodation, three daily sattvik meals, study materials and your Yoga Alliance certification — no hidden costs.

Stay & Meals

Simple, clean, comfortable living infused with the peace and purity of Rishikesh.



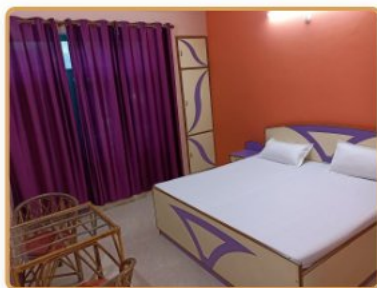
Sattvic thali meal



Ayurvedic breakfast

Yogic Accommodation

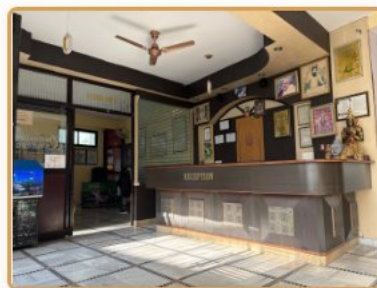
Nestled in the foothills of the Himalayas, beside the beautiful Ganges, our three accommodation buildings offer simple, peaceful and functional rooms so students can stay focused on their practice.



Private double room



Twin sharing room



Reception & front desk

Each Room Includes

Twin beds with proper lighting · Private bathroom with 24/7 hot water · Study space with table & chair · Free Wi-Fi access · Comfortable mattresses

Room Options

Both private and shared rooms are available. Air conditioning is not available in shared rooms; private rooms with AC can be arranged for an additional charge.

Sattvic Food for Yogis

Three sattvic meals are served daily, lovingly prepared following the ancient Indian philosophy of Ayurveda — nourishing and healing by design.

3x

SATTVIC MEALS DAILY

100%

VEGETARIAN & VEGAN

24/7

HERBAL TEA & WATER

Local

FRESH PRODUCE

What to bring: white clothes for the opening/closing ceremony, comfortable yoga wear, flip-flops, passport & visa documents, toiletries, a journal, water bottle and a light shawl.

Meet Your Teachers

The right teacher does not just teach yoga — they change the way you see it.

Every instructor at Rishikul Yogshala is E-RYT certified by Yoga Alliance USA with 10 to 15+ years of hands-on teaching experience, several here since the school began in 2010. They did not come to yoga as a profession — they came to it as a practice, and the teaching followed naturally from that.



Bipin Baloni

Founder · Ashtanga Vinyasa Yoga, Hatha
Yoga & Pranayama



Gurmeet Singh

Asana Adjustment & Alignment, Anatomy



Suraj Chaudhary

Hatha Yoga & Pranayama



Priya Negi

Ashtanga Vinyasa Yoga



Mohit Bhandari

Ashtanga Vinyasa Yoga & Hatha Yoga



Rahul Sharma

Mantra Chanting & Indian Classical Music



Vimal Sharma

Hatha Yoga & Meditation

What makes the difference in a classroom is not always the credentials — it is whether the person standing in front of you is genuinely paying attention. Ours are. They notice the student holding back, they see when something is off in your posture before you feel it yourself, and they know when to push and when to simply let the practice do its work.

Certifications & Testimonials

Trusted & Verified

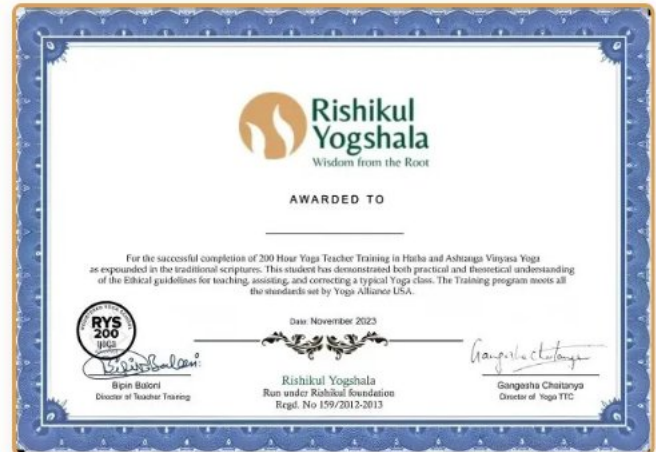
Yoga Alliance USA — RYS 200

RYS 300 & RYS 500

Registered Prenatal Yoga School

AYUSH Certified, Govt. of India

ISO Certified Yoga School



4.8/5

GOOGLE (340 REVIEWS)

4.5/5

YOGA ALLIANCE (446 REVIEWS)

4.6/5

TRIPADVISOR (365 REVIEWS)

4.7/5

TRUSTINDEX (696 REVIEWS)

What Our Students Say

"Great, experienced teacher! Very well organized curriculum. The lessons were clear and structured, making even complex topics easy to understand. I felt supported throughout the entire course."

— Arne Rast, 100Hr YTTC

"Traveling to India for the first time, I immediately felt how welcoming and warm the environment was. The teachers were patient, encouraging, and truly passionate about sharing their knowledge."

— Anna S., 200Hr YTTC

"I learned a lot, was exposed to new and interesting information, and gained practical skills I can use in my own teaching. Highly recommend it for anyone looking to deepen their practice."

— Shai Cohen, 300Hr YTTC

Start Your Yoga Journey Today

We would love to hear from you — reach out and let's begin.

School Address

Rishikul Yogshala Rishikesh, Narayan Kunj, Jonk Village, Ram Jhula, Swarg Ashram, Rishikesh, Uttarakhand 249304, India



Our global sangha

Get in Touch

Phone / WhatsApp

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Email

contact@rishikulyogshalarishikesh.com

Website

www.rishikulyogshalarishikesh.com

Instagram

@rishikulyogshalarishikesh

How to Reach Us

- **By Air:** Jolly Grant Airport (~35 km) or Delhi's Indira Gandhi International (~250 km); taxis, buses, or school pickup on request.
- **By Rail:** Rishikesh's own station is Yog Nagari Rishikesh (YNRK); or train to Haridwar (~1 hr) and cab onward.
- **By Road:** Well connected by bus from major Indian cities; cabs via Uber, Ola or local operators.

ENROLL NOW

Begin your journey into the heart of Yoga, in the Yoga Capital of the World.