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Yoga teacher training in India by Carmela Turner

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Yoga has its origin in India. India is blessed with scenic beauty and calm, silent natural surroundings. Practicing this art and learning it from experts or Gurus who have been practicing it and discovering new facts of this exercise is actually the real training. It has to be learned it calm natural surroundings. Though there are yoga studios established, but in India you get to learn in natural environment with yoga teachers. These institutes have all sorts of facilities and so every year many aspiring learners from all over the world come to India , opt for various yoga teacher training courses and go back to their home country and work as instructors in their homeland.

If you too wish to enroll yourself for such a course in India here is a list of some affordable and best training centers in India.

Association for Yoga and Meditation: (AYM) Rishikesh, India

When it comes to training in this form of exercise Rishikesh in India is the first place that comes to mind. AYM provides courses of 200 and 500 hours for instructors.

Features:

â€¢ Guru/Instructors: The main instructor Yogi Chetan Maheshji has been training in this field for over 20 years. He has learned this art from the experts in this field. Besides the other teachers also have an experience and complete knowledge of this exercise.

â€¢ Shala/Hall: The hall is made as per the specifications given in scriptures about this art.

â€¢ Certification: AYM certification is recognized world over because it is accredited by India and USA.

â€¢ Styles: Ashtanga, Hatha, Ashtanga Vinyasa, traditional form.

Rishikesh Yog Peeth :

This has a RYT program for intsructorâ€™s training. It provides advanced courses for instructors and shot term courses for new learners.

â€¢ Features:*

â€¢ Hatha residential program- 200 hours, certified â€“ Fees US $1150 (check for current rates on their website)

â€¢ Yoga retreats â€“ Rishikesh- US $300 per week

â€¢ Food and accommodation facilities.

*The rates and facilities may vary. Check for current programs on their website.

Ramamani Iyengar Memorial Yoga Institute â€“ Pune, India:

This institute trains in Hatha or Iyengar Style. The institute attracts learners from all over the world and one might have to wait for around 2 years to get here for training, since the batches are full.

â€¢ Duration: 1 month

â€¢ Fees: $ 450

â€¢ No Accommodation

*Check for current fees and batches on their website

Krishnamacharya Yoga Mandiram â€“ Chennai, India:

The son of T. Krishnamacharya, the â€˜grandfatherâ€™ of the modern form of this art, Viniyoga is their specialization.

â€¢ Duration: 2-4 months

â€¢ Fees: Different fees for different forms. Check for details on their website.

These are some of the most affordable and best yoga teacher training centers in India that provide instructorâ€™s course. However before enrolling for nay of these courses check for their schedules and updates on their websites.

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