



Hatha Yoga Teacher Training

200HR CERTIFICATION

June 1 - June 30, 2024

Traditional Teaching from India

Learn from E-RYT 500, Lead Trainer, Ashlay Chawla. Born & raised in Rishikesh India, Ashlay teaches all aspects of Yoga: Bhakti, Karma, Raja, & Gyana.

Waterfront Accommodation

Enjoy the beautiful getaway town of White Stone in the Northern Neck of Virginia. Live & explore here with your group mates while you learn & transform.

So much more...

Authentic initiation, cleansing, & blessing ceremonies, business mentorship, real teaching experience, internationally recognized certification.



Application Opens December 1st, 2023

Limited Spots, Flexible Pricing & Payment Plans

www.rishiyogaandwellness.com/teachertraining



Program Details



Curriculum approved by Yoga Alliance & in accordance with international standards

Instruction in 4 main Educational Categories: (1) techniques, training, & practice (2) anatomy & physiology (3) Yoga humanities & (3) professional development.

Emphasis on:

- core asana series in Hatha Yoga as taught for their structuring of the physical, mental, & energy bodies with modifications for all level practitioners + safe & highly effective sequencing
- theoretical & practical teachings in the energy structure of the human system
- lessons in essential Mantra for Hatha Yoga instruction
- additional hours dedicated to breathing & cleansing exercises & meditation
- study of core texts in Yoga from a Sanskrit & Hindi speaking lead trainer highlighting the roles of devotion, karma, & self-study in the Yogic System
- business mentorship from successful Yoga school owners
- real teaching experience in the Rishi Yoga & Wellness Studio
- curating a lifelong relationship with your trainers for unparalleled support on your teaching & personal journeys
- assessments & check-ins throughout the program

Inclusive:

- 200+ Hours of Instruction
- Certificate of program completion verified by Yoga Alliance & recognized Worldwide
- Shared Waterfront Accommodation: housing, utilities, wifi, cleaning service, basic supplies, & amenities fees
- Authentic Welcoming & Closing Ceremonies inclusive of travel, food, supply, and service costs.
- Real teaching experience on the Rishi Yoga & Wellness Studio schedule
- Program supplies: required reading text, Rishi Yoga and Wellness, LLC journal, training manual & exclusive study materials
- 3 Free Zoom session: 1 pre program group session, 1 post-program group session, & 1 private session
- 25% off your first Continuing Education Program
- 10% off a future Retreat Booking

Exclusive

- Travel to White Stone, VA
- Travel to/from the studio during the program
- Grocery costs
- Yoga Alliance membership & registration fees following Certification
- Suggested/additional reading texts

Pricing Structure

Application Fee: \$333

Secures spot, non-refundable on acceptance into the program, refunded upon rejection.

Program Cost:

One-Time Upfront Payment: \$4,555

Due Feb 1

non-refundable, group discounts apply

Payment Plan: \$4,999

Due Feb 1: \$1,722

Due Mar 1: \$1,722

Due Apr 1: \$1,555

non-refundable, group discounts apply

Group Discounts:

2 People -5% off total cost per person

3+ People -10% off total cost per person

Upon acceptance, all payments non-refundable unless program cancellation by Rishi Yoga and Wellness, LLC.