

Karoli Yoga School

Explore Yoga Teacher Training in Rishikesh at Karoli Yoga School and begin your journey toward becoming a skilled yoga teacher. Learn traditional yoga, meditation, pranayama and teaching methods through structured courses in the peaceful surroundings of Rishikesh.

www.karoliyogaschool.com



About us

Our Online 300 Hour Yoga Teacher Training program is designed for certified yoga teachers who want to deepen their knowledge, refine their teaching skills, and progress toward advanced-level practice. The program combines traditional Indian yoga wisdom with modern teaching techniques, covering advanced asanas, pranayama, meditation, anatomy, yoga philosophy, subtle body practices, Yin Yoga, Yoga Nidra, Kundalini, chakras, mudras, and bandhas. With live interactive sessions, recorded lessons, personalized feedback, mentorship from experienced Indian teachers, and flexible learning options, students can study from anywhere while working toward a Yoga Alliance-recognized RYT 300 certification.



Our services

50 Hour Yin Yang Yoga Teacher Training in Rishikesh

100 Hour Online Yoga Teacher Training

200 Hour Online Yoga Teacher Training

300 Hour Online Yoga Teacher Training



CONTACT US



9837574885



karoliyogaschool@gmail.com



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