



RISHIKESH

One of the Best Yoga Teacher Training Courses Retreats in India & Indonesia.

YOGA TEACHER TRAINING COURSES

- Certified By Yoga Alliance USA

Located in the spiritual hubs of Rishikesh, Goa, and Bali, Divine Path Yoga School & Retreat offers a sanctuary for self-discovery and holistic well-being. We specialize in Yoga Teacher Training Courses (YTTC) certified by Yoga Alliance USA, alongside yoga retreats, online classes, and professional yoga therapy programs.

Rooted in Vedic wisdom and integrated with modern techniques, our courses empower individuals to deepen their practice, achieve mindfulness, and become globally recognized yoga teachers.

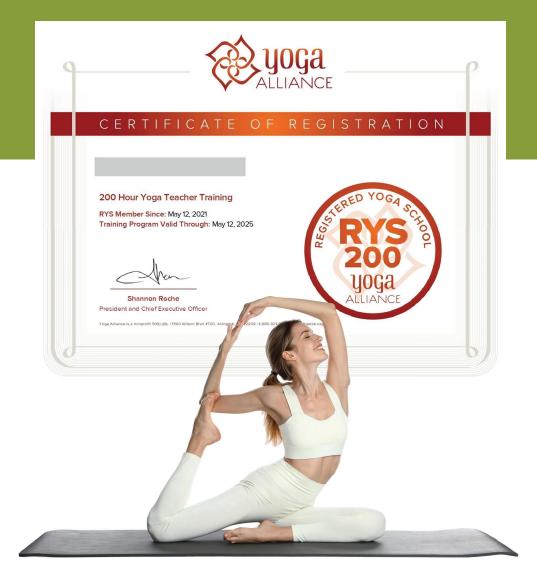
Whether you seek certification, healing, or a peaceful retreat experience, Divine Path Retreat provides a nurturing environment for spiritual growth and personal transformation.



Yoga Teacher Trainings

Yoga Retreats

Online Yoga Classes



Certified By YOGA ALLIANCE USA

Divine Path Yoga School & Retreat is proudly accredited by Yoga Alliance USA, ensuring our Yoga Teacher Training meets global standards. Graduates receive internationally recognized Yoga Alliance certification.

Our Yoga TTC in RISHIKESH



- Duration: 24 Days
- Language: English
- Level: Beginner to Intermediate
- Yoga Alliance Certification
- Vinyasa Flow & Ashtanga Classes
- Daily Pranayama & Meditation
- Mantra Chanting & Shatkarma
- Weekend Local Sightseeing
- Course Materials Provided
- Private/Shared Accommodation
- Healthy Meals

\$ 900



- Duration: 28 Days
- Language: English
- Level: Intermediate to Advance
- Style: Multi-Style Yoga
- Yoga Alliance Certification
- Weekly Excursions
- Course Materials Included
- Private / Shared Accommodation
- Satvik, Nutritious Meals

\$ 1200



- Duration: 8 Weeks
- Language: English
- Style: Multi-Style Yoga
- Level: Beginner to Intermediate
- Yoga Alliance Certification
- Weekly Excursions
- Course Materials Provided
- Private / Shared Accommodation
- Satvik, Nutritious Meals

\$ 2150

Welcome to Divine Path Yoga School

RISHIKESH

Begin or Advance your yoga journey with our internationally recognized, Yoga Alliance–Certified Teacher Training Programs. Whether you are just starting out or already an experienced practitioner, our 100, 200, 300, and 500 hour YTTC courses are designed to expand your practice, deepen your understanding of yoga Philosophy, and strengthen your teaching skills. Set in the peaceful foothills of the himalayas along the sacred Ganges, divine path offers a truly authentic and transformative yoga learning experience.

What You'll Experience:

Daily Yoga Practice:

Hatha, Ashtanga/Vinyasa sequences, guided meditation, pranayama, chanting, and yoga nidra.

Deep Learning:

Yoga philosophy, anatomy & physiology, alignment, teaching methodology, Ayurveda & lifestyle guidance.

Spiritual Environment :-

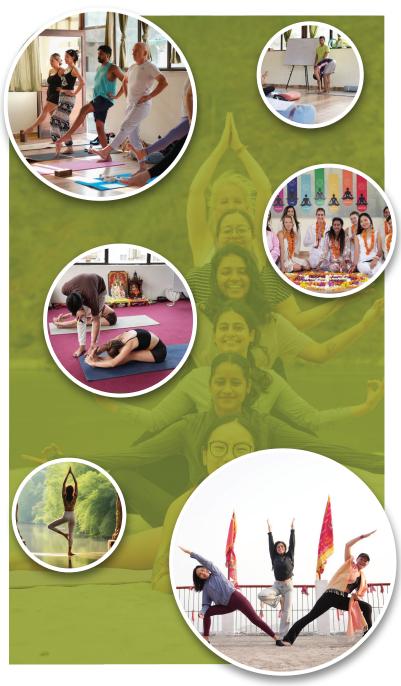
Surrounded by Himalayan energy, participate in Ganga Aarti, temple visits, kirtans, and excursions.

Balanced Routine:

Satvik vegetarian meals, herbal teas, detox practices (shatkarmas), and mindful living.

Teaching Skills :-

Step-by-step training to design sequences, correct postures, guide students, and confidently lead classes.



Course Levels

100 Hour YTTC (\$400-\$600)

Introductory, 12 days, foundational exposure. Ideal for beginners or those with limited time.

200 Hour YTTC (\$1200-\$1500)

25 days, internationally recognized. Perfect for becoming a certified yoga teacher.

300 Hour YTTC (\$1400-\$1800)

28 days, advanced curriculum for 200-hour graduates seeking depth.

500 Hour YTTC (\$2500-\$3000)

8+ weeks, complete mastery from beginner to advanced; highest certification level.

Facilities & Inclusions

- Comfortable shared/private rooms with attached bathrooms & hot water.
- 3 Satvik vegetarian meals daily (buffet style), plus herbal tea.
- Free Wi-Fi, laundry service (limited), and yoga props (mat, block, belt).
- Study materials: manuals, notebooks, pens.
- Weekend excursions: waterfalls, Himalayan treks, Ganga Aarti, cultural tours.
- Airport pickup (on request).

Why Choose DivinePath?

Location: Spiritual capital of yoga, Rishikesh.

Teachers: Experienced Indian masters, Yoga Alliance certified.

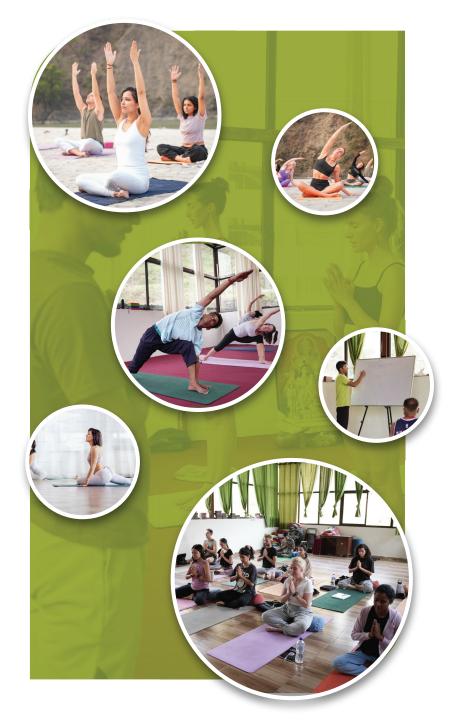
Authenticity: Traditional yet modern approach.Balanced blend of theory & practice — physical, mental, spiritual. Excursions & cultural experiences that deepen the immersion.

Recognition: Globally valid Yoga Alliance certification.

Community: Supportive international student community.

What We Expect from You

- Commitment to attend all sessions (asana, meditation, philosophy etc.)
- Respect for the yogic code: discipline, non-violence, purity of food & behavior during training
- Motivation to grow: these courses demand consistent effort, openness, honesty, and a willingness to go beyond comfort zones



Schedule yllabus

06:00 AM Wake Up

07:00 AM - 08:00 AM
Pranayama / Meditation

08:30 AM - 10:00 AMAsana (Morning Session)

10:00 AM - 11:00 AM Breakfast

11:00 AM - 12:15 PM Alignment & Adjustment

12:15 PM - 01:00 PM Teaching Methodology

01:00 PM - 02:00 PM

02:00 PM - 03:30 PMBreak / Self-study

03:30 PM - 05:00 PMAsana (Evening Session)

05:00 PM - 06:00 PMAnatomy

06:00 PM - 07:00 PMPhilosophy

07:30 PM Dinner

1. YOGA ASANAS (POSTURES & VINYASA FLOW)

• Standing, seated, twisting, balancing, inversions. Dynamic sequences (Vinyasa) for strength & stamina.

2. PRANAYAMA (BREATHING TECHNIQUES)

 Anulom-Vilom, Kapalabhati, Bhastrika, Ujjayi. Energy regulation and mental clarity.

3. ALIGNMENT & ADJUSTMENT

• Safe practice guidelines. Hands-on corrections for students.

4. SHATKARMA (YOGIC CLEANSING)

• Neti, Kapalabhati, Dhauti basics.Detoxification methods.

5. MEDITATION

Trataka (candle focus). Yoga Nidra (deep relaxation).

6. MANTRA CHANTING

Om chanting, Gayatri, Shanti Mantras. Vibrational healing with sound.

7. MUDRAS & BANDHAS

 Hand gestures for energy control. Mula Bandha, Jalandhara, Uddiyana Bandha.

8. PHILOSOPHY

• Eight Limbs of Yoga. Karma, Bhakti, Jnana Yoga.

9. ANATOMY & PHYSIOLOGY

• Skeletal and muscular systems. Nervous and respiratory systems.

10. TEACHING METHODOLOGY

• Class structuring and sequencing. Effective communication & confidence.

Meet Our Expert Yoga Teachers



RAJESH RAWAT JI Vinyasa Flow & Ashtanga



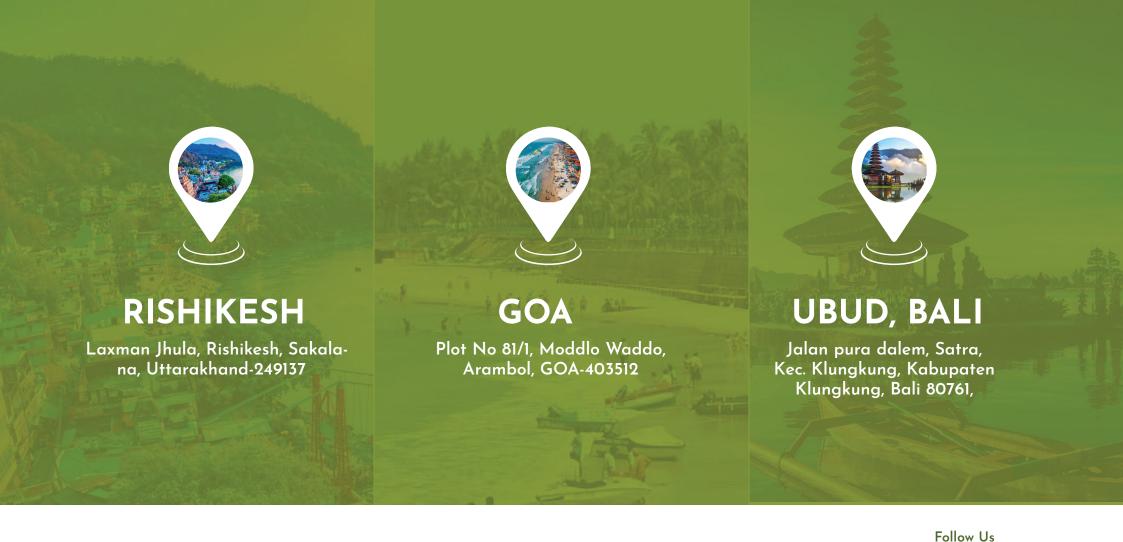
SUNIL JI Vinyasa Flow, Pranayama Teacher



NAVEEN JI Hatha & Vinyasa Flow



SACHIN JI Lead Ashtanga, Vinyasa & Hatha Teacher





WhatsApp (\$\scrip\$ +91 8868 043 473

for More Inspiration!

Divinepathretreat