Yoga Teacher Training in Rishikesh: A Small Guide to Yoga TTC.

What is Yoga Teacher Training? Whenever you come across word yoga, you think about Rishikesh. For ages, Rishikesh has been a centre of yoga teachings for many yoga gurus. Many people from different parts of the globe come to Rishikesh, especially to complete their 200 Hour Yoga Teacher Training.

What is Yoga Teacher Training?

Yoga Teacher Training is a special course designed for students or teachers to learn about yoga more deeply and gain a yoga teacher certification from the USA Yoga Alliance to become a professional yoga instructor and yoga teacher.

The popular Yoga Teacher Training in Rishikesh are:

- 100 Hour Yoga Teacher Training
- 200 Hour Yoga Teacher Training
- 300 Hour Yoga Teacher Training
- Sound Healing in Rishikesh

What is a 100 Hour Yoga Teacher Training in Rishikesh?

A 100 Hour Yoga Teacher Training in Rishikesh at Sriezaa Yogshala is a short-term yoga course especially designed for those who want to practice yoga for personal growth and cannot dedicate a full month.

100 Hour Yoga TTC in Rishikesh

Course Duration	**12 Days**
Shared Room Package	₹41,900 (approx.)/ $499 USD
Private Room Package	₹50,300 (approx.)/ $599 USD
Course Starts	1st of every month/ Can be rescheduled
Next Batch	10th December 2026

Location	Rishikesh, Uttarakhand, India
Yoga Styles	Hatha & Ashtanga Vinyasa
Level	Beginner
Certification	100 Hour Yoga TTC/ Not elegible to become a yoga teacher
Meals	Sattvic Vegetarian Meals

What does the course package include?

- 100 hour yoga training
- Accommodation for the course duration
- Daily sattvic meals
- Yoga materials and study resources
- Course completion certificate
- Special workshops and activities (if included)

Note: The course start date can be changed and rescheduled according to the situation. Kindly drop a message or call before you leave for the yogshala.

What is a 200 Hour Yoga Teacher Training in Rishikesh?

A 200 Hour Yoga Teacher Training in Rishikesh at Sriezaa Yogshala is a beginner-level course from which the journey of your yoga teacher training begins. It is also known as a foundational course in yoga teacher training.

200 Hour Yoga TTC in Rishikesh

Course Details	**Information**
Course Duration	25 Days
Course Fee – Shared Room	$799 USD (₹66,500 approx.)
Course Fee – Private Room	$999 USD (₹83,000 approx.)
Accommodation	Shared / Private Room

Meals	Sattvic Vegetarian Meals
Location	Rishikesh, Uttarakhand, India
Yoga Styles	Hatha & Ashtanga Vinyasa
Course Level	Beginner to Intermediate
Certification	200 Hour Yoga Teacher Training
Language	English
Batch Starts	1st of Every Month/ can be rescheduled
Registration Fee	$200 USD (adjusted in total course fee)

What does the course package include?

- 200 hour yoga training
- Accommodation for the course duration
- Daily sattvic meals
- Yoga materials and study resources
- Course completion certificate
- Special workshops and activities (if included)

Note: The course start date can be changed and rescheduled according to the situation. Kindly drop a message or call before you leave for the yogshala.

What is a 300 Hour Yoga Teacher Training in Rishikesh?

The 300 Hour Yoga Teacher Training in Rishikesh at SriezaaYyogshala is a rigorously designed advanced program built specifically for students who have completed a 200 hour yoga teacher training certification and are ready to take their practice and their teaching to the highest level.

Course Details & Fees

Course Details	**Information**
Course Duration	28 Days

Total Training	300 Hours
Course Fee – Shared Room	₹55,000
Course Fee – Private Room	₹73,333
Accommodation	Included in course fee
Food	Sattvic vegetarian meals included
Course Starts	1st of Every Month/ can be rescheduled
Next Upcoming Batch	10th December 2026
Location	Upper Tapovan, Rishikesh
Yoga Style	Multistyle Yoga
Course Level	Advanced
Language	English & Hindi
Certification	300-Hour Yoga TTC Certificate
Eligibility	Previous 200-Hour YTTC Certificate

What does the course package include?

- 300 hour yoga training
- Accommodation for the course duration
- Daily sattvic meals
- Yoga materials and study resources
- Course completion certificate
- Special workshops and activities (if included)

Note: The course start date can be changed and rescheduled according to the situation. Kindly drop a message or call before you leave for the yogshala.

Conclusion

Yoga teacher training in Rishikesh offers an enriching experience for those seeking to deepen their practice, gain international certification, and immerse themselves in the spiritual heritage of yoga. Whether you choose a 100, 200, or 300 hour course, each program provides structured learning, supportive community, and the opportunity to transform both personally and professionally. As the yoga capital of the world, Rishikesh continues to inspire and guide aspiring teachers from across the globe.

1. What is Yoga Teacher Training (YTT)?

Yoga Teacher Training is a specialised course that helps you deepen your yoga knowledge and earn a certification from the USA Yoga Alliance, so you can become a professional yoga instructor.

2. Which yoga teacher training courses are available at Sriezaa Yogshala in Rishikesh?

Sriezaa Yogshala offers 100 Hour, 200 Hour, and 300 Hour Yoga Teacher Training courses, along with Sound Healing programs.

3. What is the difference between the 100, 200, and 300 Hour courses?

The 100 Hour course (12 days) is a beginner-level, short-term program for personal growth. The 200 Hour course (25 days) is the foundational teacher training course. The 300 Hour course (28 days) is an advanced program for those who have already completed a 200 Hour certification.

4. What is included in the coucrse package?

Each package includes yoga training, accommodation for the course duration, daily sattvic vegetarian meals, study materials, a course completion certificate, and special workshops and activities (if included).

5. When do the batches start, and can the dates be changed?

Batches start on the 1st of every month, and the next 100 and 300 Hour batches begin on 10th December 2026. Start dates can be rescheduled, so please message or call the yogshala before you travel.