

# RUDRYA YOGA SCHOOL

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## Yoga Therapy Teacher Training Course in Rishikesh, India

**Yoga Therapy Teacher Training in Rishikesh India, 200 Hour Yoga Therapy and Ayurveda Course in Rishikesh** Rudray Yoga offers Yoga, [Therapy Teacher Training Courses](#) Yoga Teacher Training course, [7 Days Yoga Retreats](#), 14 Days Ayurveda and Meditation Retreats and alternate Therapy Program in Rishikesh, India.

### Yoga Therapy Teacher Training in Rishikesh

[Rudray Yogalaya](#) is a modern cutting edge yogalaya (Yoga School) situated in the bank of holy river Ganga. It became the best yoga therapy teacher training school in India.

Our school primary focus is on [yoga therapy](#), yoga teacher training, pranayamas-meditation courses and yoga retreats in Rishikesh, India. Yoga therapy literally means "the healing treatments for various kind of disease".

In this course you will learn yoga and its therapeutic plans. Yoga is just not doing asanas, it is the combination of cleansing, meditation, breathing techniques, therapy and it is more than asanas.

Yoga therapy is a healing way of yoga, combination of modern science and yogic science to improve students their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Whether it is very difficult to define but it is a self-empowering process, with the help of therapist one can understand the illness and its stages and can recover from it.

In the world of yoga, [Yoga therapy](#) is the main segment that focuses on health, wellness and all levels physical, mental, social and spiritual. Yoga therapy is the holistic healing art. Rather than, treatments it focuses on awareness, asanas, cleansing and knowledge of "how to live healthy".

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## 200 Hour Yoga Therapy Teacher Training Course in Rishikesh India

[200 Hour Yoga Therapy Teacher Training in Rishikesh India](#), **200 Hour Yoga Therapy and Ayurveda Course in Rishikesh Certified with Yoga Alliance USA - RYS 200.** Rudray Yogalaya offers 200 hour yoga therapy teacher training course in the foothills of the great Himalayas, Rishikesh India. This course is appropriate for Yoga practitioners, Sports Teachers, Yoga Therapist, Bachelor of Education Teachers and Fitness instructors of all levels & Practitioners. The prerequisites to become a yoga therapy teacher is your interest, practice and enthusiasm.

At [Rudray Yogalaya](#) you will get personal attention during classes because we keep just 5 to 20 students per class. We believe yoga is always been taught traditionally on an individual level because it is difficult to teach the more students at the same time. The course includes therapeutical asanas, theory class of yoga therapy for common diseases, anatomy physiology theory class on diseases, meditation classes, cleansing, pranayamas, yogic diets and much more.

### Yoga Therapy Course in Rishikesh India

Dates	Status
1st January to 28th January - 2017	Fully Book
1st February to 28th February - 2017	Fully Book
1st March to 28th March - 2017	Fully Book
1st April to 28th April - 2017	Fully Book
1st May to 28th May - 2017	<a href="#">Apply Now</a>
1st June to 28th June - 2017	<a href="#">Apply Now</a>
1st July to 28th July - 2017	<a href="#">Apply Now</a>
1st August to 28th August	<a href="#">Apply Now</a>
1st September to 28th September	<a href="#">Apply Now</a>
1st October to 28th October - 2017	<a href="#">Apply Now</a>
1st November to 28th November - 2017	<a href="#">Apply Now</a>

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1st December to 28th December - 2017

[Apply Now](#)

## Accommodation

Rudray Yogalaya provides single and double occupancy (sharing) rooms in the course. Rooms are neat and clean, 24x7 running hot/cold water, in-house cafe and restaurant. Rooms are WIFI connected at peak signals of the internet. Laundry services are also available at an additional cost.

