Why Choose Rishikesh for Ashtanga Yoga Retreats?

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Rishikesh is a top destination for traditional yoga learning and spiritual growth. Many students begin with ashtanga yoga classes at a trusted ashtanga yoga shala Rishikesh, where authentic teachings are followed. Those looking for certification often join a yoga certificate course to build a strong foundation. Beginners usually start with the 100 hour yoga teacher training in Rishikesh, while aspiring teachers continue with the 200 hour yoga teacher training in rishikesh and advanced learners join the 300 hour yoga teacher training in Rishikesh.
For relaxation, visitors choose programs like the 3 days yoga retreat in Rishikesh, 5 days yoga retreat in rishikesh, 7 days yoga retreat in rishikesh, 10 days yoga retreat in rishikesh, and 14 days yoga retreat in rishikesh.
Holistic healing is supported through a sound healing course and an ayurveda therapy course.

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