

Parmarth Ashram, situated at Haridwar, Uttarakhand in India is one of the most beautiful ashram complex in Haridwar, India.

Situated in the foothills of Himalayas, overlooking Ganges, it is the picturesque place where seven great sages or Saptrishis namely, Kashyapa, Vasistha, Atri, Vishwamitra, Jamadagni, Bharadwaja and Gautama meditated. As per mythology, Ganges split into seven streams at this place so that the Rishis would not be disturbed by the flow. The powerful energy generated by the then meditating Rishis (Sages) pervades the environment and can be felt. It is the place that will leave you charged with the enchantment of its surroundings. The place is true combination of nature, energy, spirituality, peace and tranquillity.

Parmarth Ashram situated here is the spiritual pathway to the ultimate discovered through the union of body, mind and soul.

Intensive residential 4-weeks (200 hours) Yoga Teachers Training



Parmarth Ashram offers an intensive residential 4-weeks (200 hours) Yoga Teachers Training. The course is conducted by Yogi Narendra Dev with more than 20 years of experience in training Yoga Teachers. We provide solid teaching know-how and the necessary background – an unforgettable experience! Live and practice yoga as you learn to teach it. This intensive training gives hands-on experience to the classical yoga way of life.

Curriculum covers

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| • About Yoga | • Vedic Yoga | • Six Karmas |
| • Anatomy & Philosophy | • Meditation | • Marm Shastra (Ayurveda Bio – Energetics) |
| • Hatha Yoga | • Pranayam | • Diet |
| • Asthanga Yoga | • Mudra and Bandhas | |
| • Yoga of Senses | • Doctrine of Signature | |

We provide Yoga Guru Certificate at the end of course .

Charges: US\$ 1000 per person (Charges for second person sharing the room US\$ 550).

For booking and more information please contact:

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