

## **SHIVALAYA**

YOGA ASHRAM



## Our Contact:

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# Welcome

to Shivalaya Yoga Ashram



Get 10% OFF when you join as a group



## **ABOUT US**

Shivalaya Yoga Ashram is a peaceful yoga school in Pokhara, Nepal, near the beautiful Begnas Lake. We offer 100 Hr, 200 Hr, 300 Hr, and 500 Hour Yoga Teacher Training Courses for people who want to learn yoga deeply and become certified yoga teachers.

Along with yoga teacher training, we also offer Yoga Retreats for those who want to relax and reconnect with themselves, Aerial Yoga Courses for a fun and unique practice, Sound Healing sessions for deep mental and emotional balance, and Spiritual Trekking.



### Our Popular Courses

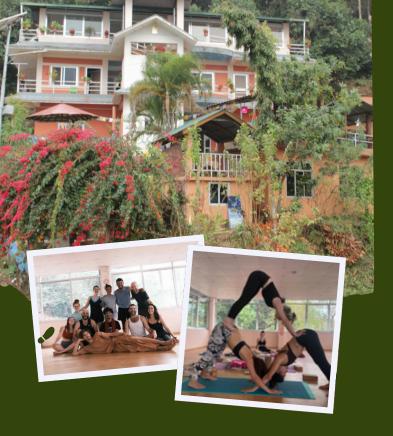
- 100-Hour Yoga Teacher Training
- 200-Hour Yoga Teacher Training
- 300-Hour Yoga Teacher Training
- Aerial Yoga- 85 Hours
- Yoga Retreat
- Sound Healing
- Trekking

#### **Group Discount**

Get 10% OFF on all programs when two or more participants enroll together.



Shivalaya, Your First Choices



## 200 HOUR YOGA TEACHER TRAINING

**COURSE** 

**Duration:** 21 Days

## Certified YTT with life-changing potential in 21 days

A comprehensive and certified Yoga Alliance course designed for those aspiring to become yoga teachers. Experience Hatha, Ashtanga, anatomy, meditation, philosophy, and more under expert guidance.

### What's Included:

- ✓ 05:30 AM 06:00 AM WAKE UP
- O6:00 AM 06:30 AM Herbal Tea
- O6:30 AM 07:30 AM Pranayam

- ✓ 10:00 AM 11:00 AM PHILOSOPHY
- 11:00 PM 12:00 PM Anatomy, Alignment & Adjustment
- 12:00 PM 01:00 PM Self-study / Group Discussions
- ✓ 01:00 PM 02:00 PM Lunch Break
- ✓ 04:00 PM 05:30 PM Ashtanga Vinyasa yoga
- ✓ 05:40 PM 06:40 PM Meditation/ Satsang/Bhajan/Kirtan
- ✓ 08:00 PM 09:00 PM SELF STUDY
- ✓ 09:00 PM Light off, sleep

## **Package**



**Private Room**Ideal for Solo Travelers Seeking Serenity

\$1500 USD



**Double - Shared Room**Ideal for Friends or Fellow Travelers

\$1200 USD

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