



SHIVALAYA

YOGA ASHRAM



Our Contact :

Website :

www.shivalayayogaashram.com

Email :

Info@shivalayayogaashram.com

WhatsApp :

+977-9846265340

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.

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Address

Begnas Canal Rd, Lekhnath,
Pokhara , Nepal, 33700.

Our Popular Courses

- ✓ 50-Hour Yoga Teacher Training
- ✓ 100-Hour Yoga Teacher Training
- ✓ 200-Hour Yoga Teacher Training
- ✓ 300-Hour Yoga Teacher Training
- ✓ 500-Hour Advanced Yoga TTC
- ✓ 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
- ✓ 06:00 AM - 06:30 AM - Herbal Tea
- ✓ 06:30 AM - 07:30 AM - Pranayam
- ✓ 07:30 AM - 09:00 AM - Hatha Yoga
- ✓ 09:00 AM - 10:00 AM - BREAKFAST
- ✓ 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
- ✓ 07:00 PM - 08:00 PM - DINNER
- ✓ 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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