



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



300 HOUR YOGA TEACHER TRAINING COURSE

Duration: 24 Days



*Advance your practice & teaching in
24 days.*

For 200-Hour YTT grads ready to level up. Learn advanced asanas, alignment, meditation, and teaching skills with mentorship in a supportive Himalayan setting.

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

\$1700 USD



Double - Shared Room

Ideal for Friends or Fellow Travelers

\$1500 USD



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