



# YOGA TEACHER TRAINING AND RETREATS IN INDIA

AMANDA SHEPPARD x OCTOBER 6, 2016

GUIDES 0 COMMENTS 0

Some health kicks are promptly kicked to the curb, ending up as a short-lived fad – fun while it lasted, but hardly instilling lifelong, lasting change. We're happy to acknowledge, however, that many have had the opposite fate, and perhaps the most popular healthy holiday takeover has been the yoga retreat. And for those among you who are already hooked – we've got you covered for the next step. Head down to the home of the ancient practice to hone your craft, with these yoga retreats and teacher training programs in India – allowing you to quite literally practice what you preach!

## Ananda Spa – Yoga Retreat

The Ananda Spa is, quite simply, paradise in the Himalayan hills. The yoga retreat package offers you a slice of tranquillity to immerse yourself in yogic practice for five, seven or 14 nights. The retreat package includes an Ayurvedic consultation, three healthy meals each day for the duration of your stay, a lifestyle consultation, and fitness testing, where necessary. Daily schedules are likely to include yoga, pranayama, meditative practice, cooking lessons, fitness classes, and hikes, while guests are free to use the plunge pool and sauna as they please, in their leisure time. With a signature tea and fruit bowl to wake up each morning, you'd be hard pressed to start the day on the wrong foot here. Prices start from \$420.

[www.anandaspa.com](http://www.anandaspa.com)



## Shreya's Retreat – Yoga Retreat

Whether you choose to stay in one of the garden cottages, or the luxury poolside cottages, you'll be spoiled for choice of accommodation at Shreya's Retreat. Yoga retreats run from three to 14 nights in length, and include a wide range of yoga practices to ensure a holistic experience – ranging from asana yoga to chakra meditation to karmic yoga (encouraging guests to help those less fortunate). The retreat itself is based on a sprawling farm estate in Bangalore, which includes a large open-air yoga and meditation hall, as well as meditation huts throughout the plantation. While we're sure the yogic practices will keep you more than fulfilled, an on-site jogging trail and the coax of the nearby massage trail add to the experience, allowing you to wile away your free time as you please. Prices start from \$1,070.

[www.shreyasretreat.com](http://www.shreyasretreat.com)



## Vinyasa Yoga Academy – Teacher Training

For the true yogi's at heart who are looking to take their practice more seriously – look no further than the Vinyasa Yoga Academy. With an extensive range of teacher training courses on offer, this fully certified academy in Rishikesh takes a conventional, traditional approach. They ask that you remain mindful of traditions and customs, observing the two-hour silent meditative practice each mindy, adopting a modest dress code, and abiding by the prohibition of alcohol, meat and smoking on the premises. This is a truly immersive experience, with few other institutions offering as strong a focus on self-reflection. 200 Hour Yoga Teacher Training Course costs \$1,300.

[www.vinyasayogaacademy.com](http://www.vinyasayogaacademy.com)



## Arhanta Yoga Ashram – 200-Hour Teacher Training Course

With yoga teacher training programmes on offer in India and the Netherlands, you'll never be too far from a stay with Arhanta Yoga. Their Indian ashram is in the centre of Madhya Pradesh, spread across 17 acres of land in Khajuraho. The fully accredited yoga school offers training programmes of different durations, but the 200-hour hatha training programme is one of their most popular. Beginning each day with morning meditation, chanting and mantras, you'll be guided through teaching processes and theories before engaging in karma and asana yoga, followed by an evening meditation. All meals are provided on site throughout your three and a half week stay, leaving you little reason to leave the sprawling property. Prices start from \$1,750. [www.arhantayoga.com](http://www.arhantayoga.com)

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