



Mysore Cauveri Sannidhi

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Where Yoga is a way of life... where every action symbolizes the Yogic movement, where the breeze has the fragrance of great yogis, the journey explores new vistas, life blossoms with its unknown petals.



About Us

Registered with Yoga Alliance USA, and Yoga Alliance, UK, Samyak Yoga has been organizing International Yoga Teacher Training Courses in Mysore, Karnataka and Kovalam, Kerala, South India.

With two different Yoga Teacher Training with Hatha and Ashtanga Vinyasa styles offered every year, Practice and Teaching Techniques of over 100 asanas, variety of class sequencing, Pranayama Techniques, art of hands-on adjustment techniques, Yoga Anatomy and exploring, deepening the yoga practices with sessions on Yoga Sutras of Patanjali, Hatha Yoga Pradeepika, Yoga Teacher Training will help in shaping you as a perfect Yoga Teacher.

For more information, please visit

<https://www.indiamart.com/mysore-cauveri-sannidhi/aboutus.html>



OTHER SERVICES



Hatha Yoga Training Course



Ashtanga Vinyasa Yoga Training Course



International Yoga Training Course



Yoga Alliance Training Course

Factsheet

Nature of Business

:Service Provider



CONTACT US

Mysore Cauveri Sannidhi

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