





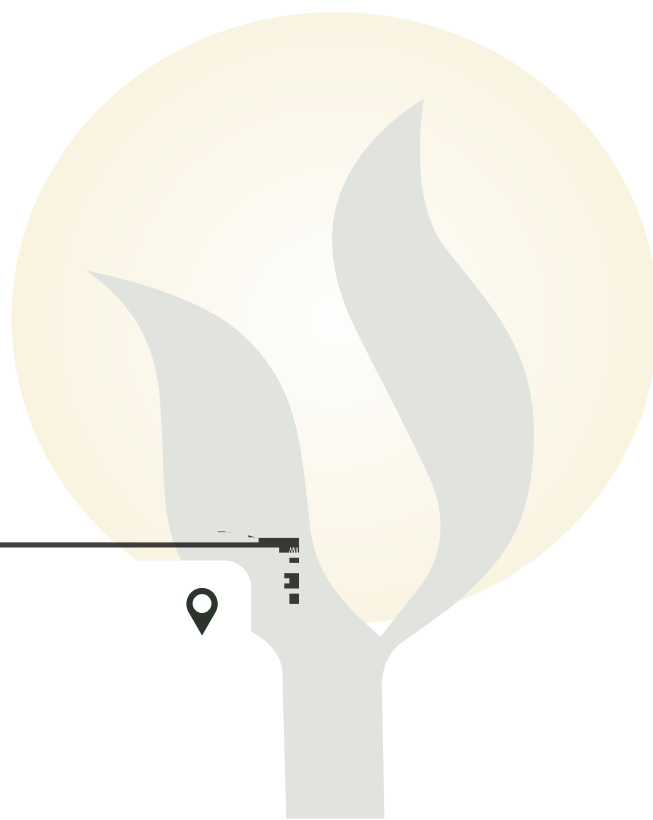
## WHY CHOOSE US

- Authentic Yoga Traditions
- Certified Yoga Instructors
- Affordable Luxury
- Beautiful Coastal Setting
- Healthy and Nutritious Meals
- Customized Retreats

## KEY CONTENTS OF THE SYLLABUS

- Hatha Yoga
- Ashtanga Yoga
- Meditation
- Pranayama
- Body Massage
- Yoga Nidra
- Hatha Flow Yoga
- Mantra Meditation
- Shat Kriya
- Detox Therapy
- Adjustment
- Alignment
- Kundalini
- Chakra Meditation
- Liver Detox
- Kidney Detox
- Ayurvedic Consultation

# OUR LOCATIONS







## Contact us

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[www.rishikulyogshala.org](http://www.rishikulyogshala.org)

**Revealing the Wisdom & its Cause**