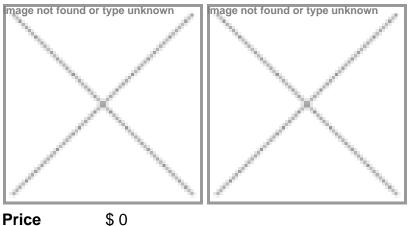
Yoga Teacher Training in India



AddressShree Hari Yoga Center Tapovan Rishikesh, Uttarakhand 249137, IndiaExternal URL https://shreehariyoga.com/KeywordsHits191URLhttps://www.eqlic.com/classifieds/detail/yoga-teacher-training-in-india-99

Shree Hari Yoga, a scientific way of exploring physical, intellectual, and spiritual you.

Yoga gains following benefits nutrition to organs, balanced body temperature, normalizes blood pressure and eliminates the risk of heart disease. All the above mentioned benefits are gained by yoga, Shree Hari Yoga is a <u>yoga teacher training school</u> run by Mr. Hari Pawali and team. Teachings of Hatha yoga, Ashtang yoga, Iyengar yoga and Vinyasa yoga are given here along with that detail anatomy, philosophy, meditation, mudra, mantra, kriyas, and bandhas are taught with Principal teachings from Patanjali's Yoga Sutras.

SUPPLIER

Shree Hari Yoga

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