

JEEVAN UTSAV YOGA SCHOOL & RETREAT



REGISTER WITH YOGA ALLIANCE USA

YTTC | RETREATS | WELLNESS

Explore the transformative potential of breath and movement through the practice of yoga.

IN RISHIKESH

Ganga Bhogpur Talla, Uttarakhand 249306

 **+91 9873514657**

 **www.jeevanutsavyogarithikesh.com**



ABOUT

JEEVAN UTSAV YOGA SCHOOL AND RETREAT

“

Welcome to Jeevan Utsav Yoga School and Retreat, where tradition meets transformation. Nestled in the serene hills of Rishikesh, we are a premier yoga teacher training institute committed to spreading the wisdom of yoga and wellness worldwide.

At Jeevan Utsav Yoga School and Retreat, we offer 50, 100, 200, 300, 500-hour internationally certified Teacher Training Course designed to provide a strong foundation in yoga philosophy, asanas, pranayama, meditation, and teaching methodologies. Whether you're a beginner or looking to deepen your practice, our program equips you with the skills and confidence to become a proficient yoga instructor.

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CERTIFICATE OF REGISTRATION

Kunwar Yoga

200 Hours Teacher Training Course

RYS Member Since: Aug 01, 2019

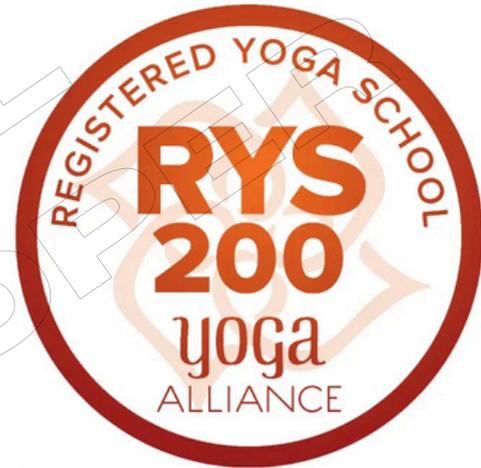
Training Program Valid Through: Aug 24, 2026



Shannon Roche

President and Chief Executive Officer

Yoga Alliance is a nonprofit 501(c)(6). | 1560 Wilson Blvd #700, Arlington, VA 22209 | 1-888-921-9642 | yogaalliance.org



YOGA TTC CERTIFICATE



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Upon successful completion of the 200-Hour Yoga Teacher Training in Rishikesh, students are awarded an internationally recognized certification from the institute. The certificate clearly outlines the completed training hours and serves as official validation of eligibility to teach yoga professionally. Our certification is Yoga Alliance-accredited, ensuring global recognition and credibility from one of the most respected organizations in the yoga community.

”



200 Hour Yoga TTC



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At Jeevan Utsav Yoga School and Retreat, Rishikesh, the 200-Hour Yoga Teacher Training Course is perfect for beginners and yoga lovers taking their first step into the world of yoga. This immersive program covers the basics of yoga practice, including postures, breathing techniques, meditation, and introductory teaching skills.

Designed with care and attention, the course supports physical, mental, and spiritual growth while helping students understand the true essence of yoga. By the completion of the training, students gain the confidence to continue their practice or advance further in their yoga education. Individual attention and a nurturing learning environment make the journey both enriching and transformative.

”

Fees Structure



NON RESIDENTIAL YOGA

FEES - \$230

(Indian Students- ₹ 17,500)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga Session
- 1 Day Tour
- Hatha, Ashtanga Yoga
- Kit - Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

RESIDENTIAL YOGA

(Shared Room)

FEES - \$330

(Indian Students- ₹ 25,000)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga Session
- 1 Day Tour
- Hatha, Ashtanga Yoga
- Kit - Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

Disclaimer:

Kunwar Yoga does not provide job placement or employment opportunities in any international country. Our courses are designed for personal growth and professional development in yoga teaching.

Fees Structure



RESIDENTIAL YOGA

Private Room

FEES - \$400

(Indian Students- ₹ 28,500)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga
- 1 Day Tour
- Hatha, Ashtanga Yoga
- YTTC Manual Book (Hindi or English)

FOR ONLINE TTC

FEES - INR 14,499

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

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Daily Schedule



5AM Wake Up	
	6AM to 7AM Pranayama and Meditation
9AM to 10AM Yoga Philosophy	
	10AM to 11AM Yoga Anatomy
11AM to 12PM Yoga Methodology	
	12PM to 1:30PM Self Study
2PM to 3PM Lunch	
	3PM to 4PM Rest Time
4PM to 5:30PM Asana Classes	
	5:30PM to 6:30PM Pranayama and Meditation
6:30PM to 7:30PM Tea Time	
	7:30PM to 8:30PM Dinner

Accommodation



Sattvic Food



Outdoor Yoga Activities



OUTDOOR YOGA



KIRTAN



DANCE CLASS



Neer Waterfall

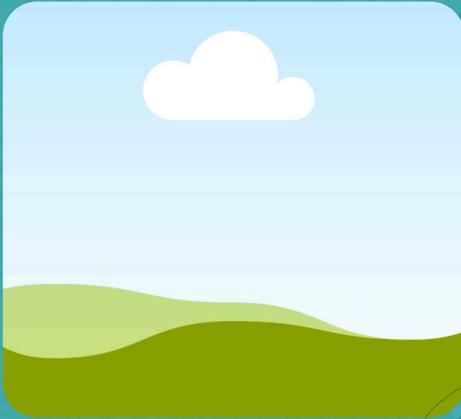


GANGA AARTI



RIVER RAFTING

Course Overview



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Yoga Philosophy :

An exploration of yoga's ancient wisdom, drawing from the Yoga Sutras, the Bhagavad Gita, and other classical sources.

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Anatomy and Physiology

A comprehensive study of Patanjali's Yoga Sutras, covering the history and philosophy of yoga along with the Eight Limbs of Yoga.



“

Pranayama:

Harnessing the power of pranayama to elevate energy, sharpen focus, and support overall well-being.



Course Overview

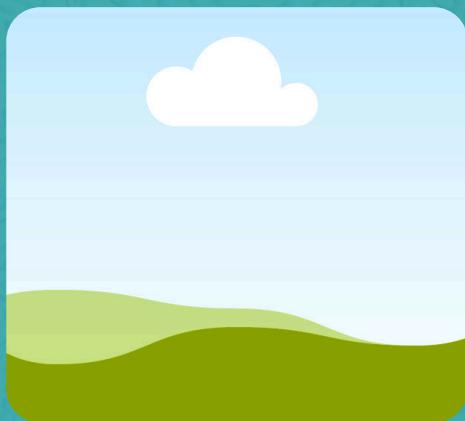
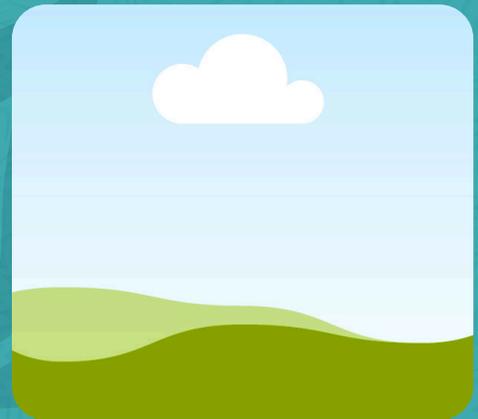


“ Asana Practice:

Developing proficiency in a wide range of yoga asanas, with a focus on alignment, variations, and modifications for diverse body types and skill levels.

“ Meditation:

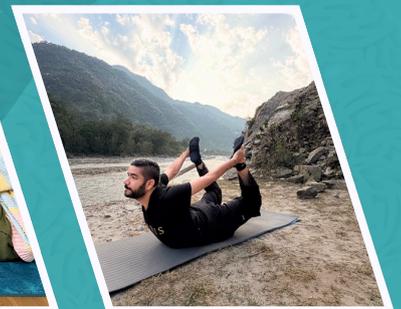
Learning and practicing different meditation techniques for cultivating mindfulness and inner peace.



“ Teaching Methodology :

Learning how to structure and teach yoga classes confidently, with proper sequencing, adjustments, and communication skills.

Yoga Gallery



Testimonials

What Students Say About Kunwar Yoga



Completing my 200 Hour Yoga Teacher Training at Kunwar Yoga has been the most transformative journey of my life. The teachers are incredibly knowledgeable, supportive, and patient.

SONALI SURYAVANSHI



Kunwar Yoga gave me exactly what I was searching for — authentic yoga education, disciplined practice, and a peaceful environment.

ANSHIKA KAINATURA



The 200 Hour Yoga TTC at Kunwar Yoga was beyond my expectations. The course was beautifully structured with a perfect balance of theory and practical sessions. Every teacher shared valuable knowledge, and I felt supported throughout.

POOJA BHATT



I travelled to Dehradun to deepen my yoga practice, and Kunwar Yoga truly changed my perspective on life. The asana classes, meditation sessions, and anatomy lectures were extremely helpful.

PRIYANKA KADYAN GAHLAWAT

[View All Google Review](#)

Testimonials

What Students Say About Kunwar Yoga



Kunwar Yoga has been a life-changing experience for me. The teachers are not only highly skilled but also genuinely caring and patient.

BHAVIKA BHATIA



Training at Kunwar Yoga was an incredible journey! The deep knowledge, constant support from instructors, and the peaceful vibe of Dehradun made it truly enriching and unforgettable.

RITIK DHIMAN



I'm especially thankful to Mr. Kunwar—he is an amazing instructor with deep knowledge and a kind approach. I completed my 300 Hour Teacher Training Course here, and it was truly a wonderful experience.

SHIVAM DHIMAN



The teachers' personalized guidance helped me grow both in yoga and in life. Grateful to Kunwar Yoga for such a beautiful and transformative journey.

ABHILAKSH TYAGI

[View All Google Review](#)

www.jeevanutsavyogarishikesh.com

Our Expert Team

A great teacher doesn't just teach from books—they teach from the heart.



Yogini Anamika Chamoli Ji

10 Year Experience

Anatomy, Philosophy, Bachelor of Naturopathy
And Yogic Science

Yogacharya Nikhlesh Kunwar Ji

15+ Year Experience RYT 500,
500 RYT, IT Professional



Yogi Shivam Giri Ji

2+ Year Experience

BA Yoga Science, 6 months Diploma in Yoga

Yogacharya Yashpal Kaintura Ji

11+ Year Experience

RYT 500, M.A Yoga, Anatomy, Philosophy,
UGC Net Qualified, DNYS



Yogacharya Uma Shankar Kala ji

8+ Year Experience

RYT 200, MA in Yoga, PG Diploma in Yogic
Science, DNYS

Upcoming TTC Batches - 2026 Dates



As we look ahead to the upcoming dates for our yoga classes remember that every session is an opportunity to reconnect with yourself.

S.No	Date	Month
1	5th	January
2	2nd	February
3	2nd	March
4	6th	April
5	4th	May
6	1st	June
7	6th	July
8	3rd	August
9	7th	September
10	5th	October
11	2nd	November
12	7th	December

Address



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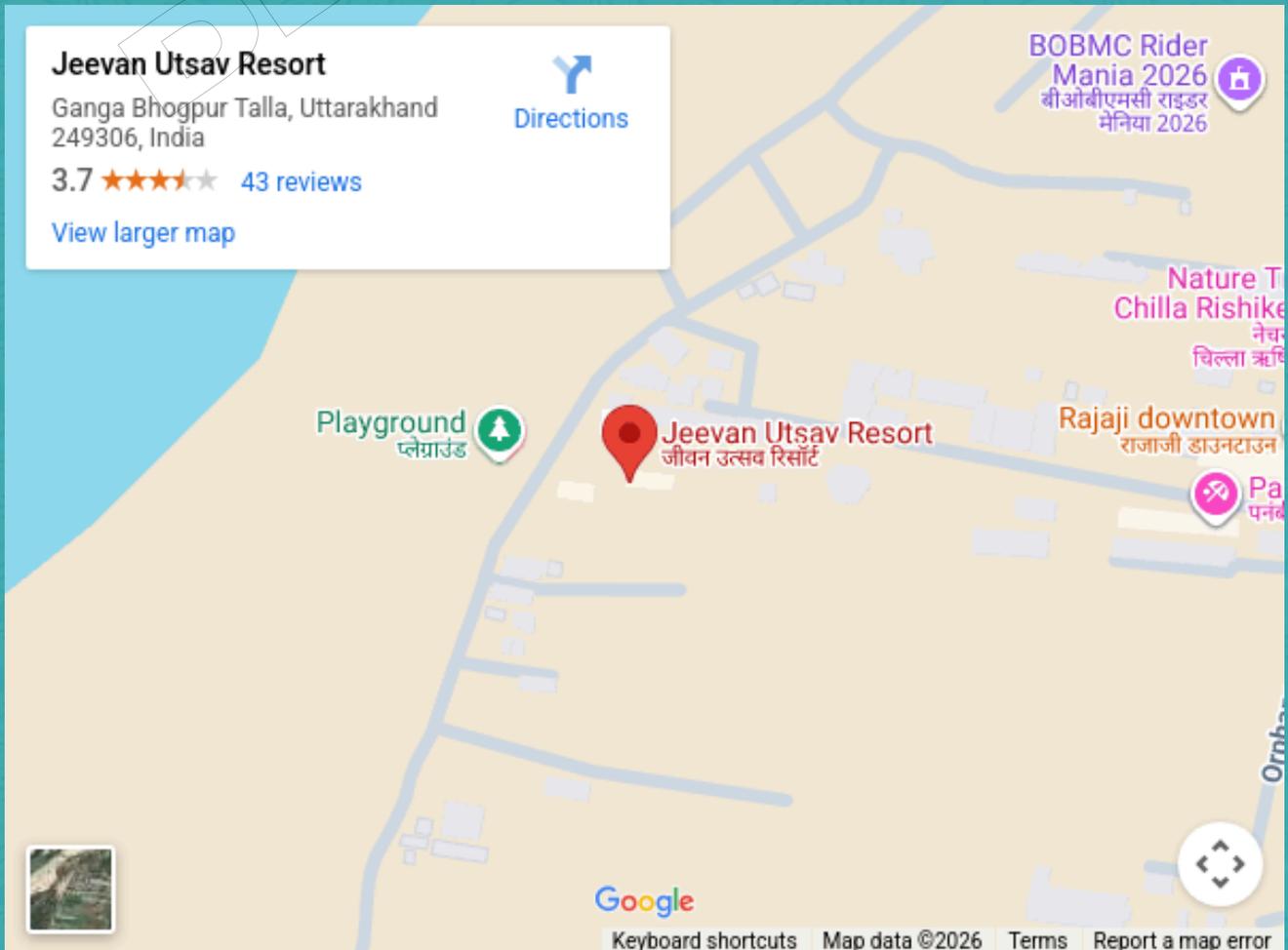


jeevanutsavyoga@gmail.com



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FIND KUNWAR YOGA IN
GOOGLE MAP



How to Reach



By Air

Jolly Grant Airport, located approximately 24 km from Kunwar Yoga, offers daily flights from Delhi. We can arrange a cab from the airport to our school for an additional fee.



By Train

Daily trains connect Delhi to Dehradun railway station. Upon arriving at Dehradun Railway Station, we can organize a pickup for you at a reasonable charge.



By Taxi

We can also arrange a convenient cab pickup from Delhi to our yoga class an affordable fee.



By Bus

You can take a bus from Delhi to Dehradun Bus Stand. Upon arrival, we can arrange a cab to our school for a suitable fee.