



200hrs Yoga Teacher Training

22 days of transformation in Varkala, India

Scroll for more details





AT A GLANCE

Everything you need to know before applying.

- 01 **Beginner to Intermediate**
Level
- 02 **22 Days / 21 Nights**
Duration
- 03 **Multy-Style (Hatha, Ashtanga Vinyasa, Yin)**
Yoga Style
- 04 **English**
Language
- 05 **RYT 200 Yoga Alliance USA**
Certification
- 06 **€999-€1341**
Prices





ABOUT THE TRAINING

Our 200Hour Yoga Teacher Training in Kerala offers a strong foundation in the practice, philosophy, and art of teaching yoga. Blending traditional yogic wisdom with modern teaching methods, this immersive program is designed for aspiring teachers and dedicated practitioners alike.

At YogaGau, we believe transformation begins with surrender to the process. Through consistent practice and mindful guidance, you'll deepen your understanding of body, mind, and breath while building the confidence to teach safe, authentic, and inspiring yoga classes.

More than a certification, this is a journey of personal growth. Upon completion, you'll receive a globally recognized 200Hour Yoga Alliance certification.



INSIDE THE TRAINING

A balanced curriculum combining traditional yoga, modern anatomy, and practical teaching.



PRACTICE

ASANA
PRANAYAMA
MEDITATION
KRIYAS



FOUNDATION

ANATOMY
BIOMECHANICS
ALIGNMENTS
YOGA PHILOSOPHY
AYURVEDA



TEACHING

ADJUSTMENTS
SEQUENCING
WORKSHOPS
TEACHING
METHODOLOGY



INNER PRACTICE

BANDHAS
MANTRAS
KIRTAN
CHAKRAS
SELF STUDY



THE LOCATION

Nestled on the peaceful shores of Kappil, our beachfront campus offers an inspiring setting for study, practice, and self-discovery. Surrounded by the Arabian Sea and tropical landscapes, it's a place where nature becomes part of the learning experience. Just minutes away, Varkala invites you to explore cafés, local culture, and breathtaking cliffside sunsets.

01 **Kappil, Varkala, India**

02 **Beachfront Shala**

03 **10min Drive from Varkala Cliff**

04 **Cafe's and Restaurants nearby**

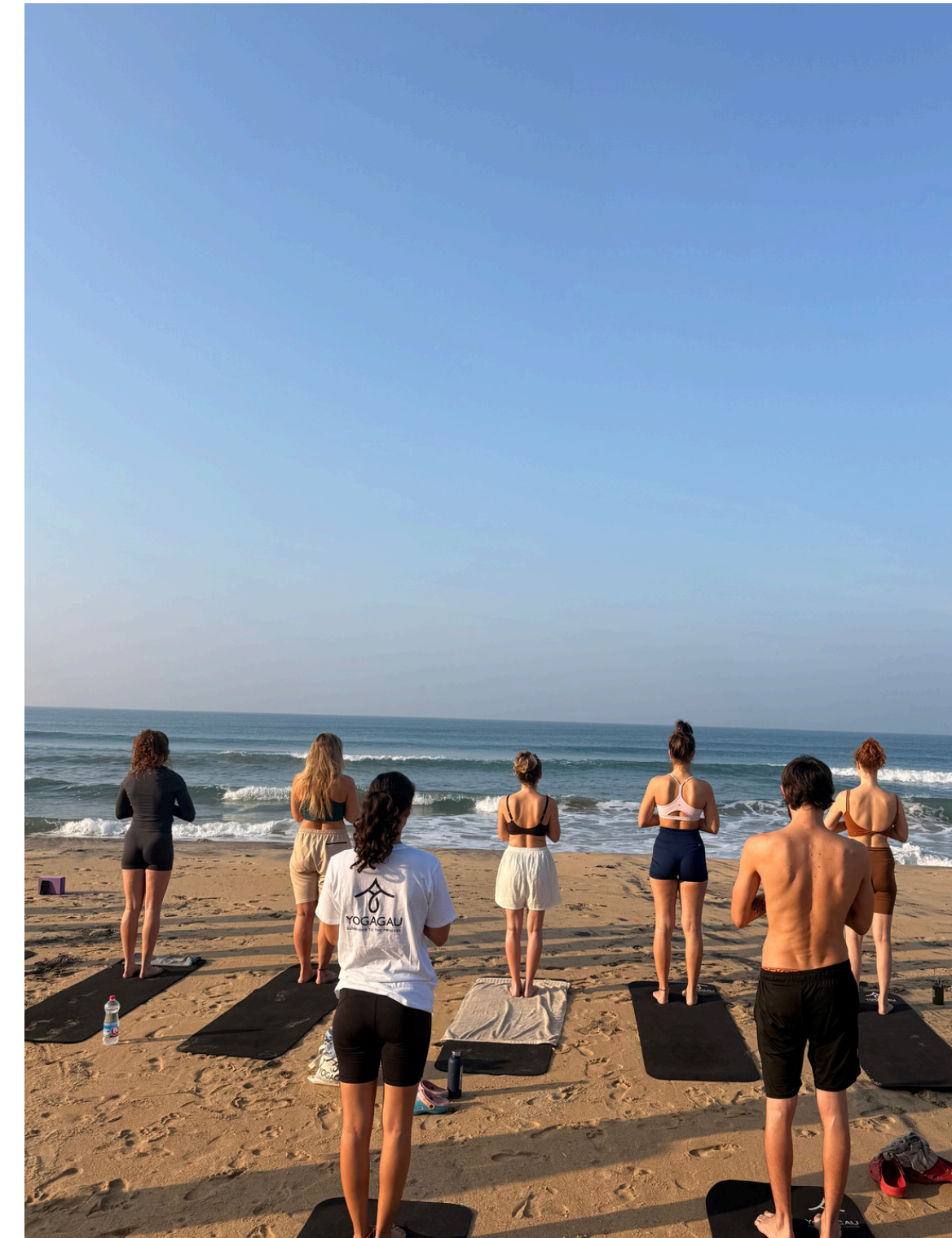
05 **Peaceful surroundings**





LIFE AT YOGAGAU

THE SHALA, ROOMS, AND SURROUNDINGS







A DAY AT YOGAGAU

06:00AM - 06:30AM Tea & Shatkarma

06:30AM - 07:30AM Pranayama

07:30AM - 09:00AM Traditional Hatha / Vinyasa Krama

09:00AM - 10:30AM Breakfast

10:30AM - 11:45AM Yoga Philosophy & Ayurveda

12:00PM - 01:00PM Biomechanics (Alignment Adjustment & Teaching Methodology)

01:00PM - 04:00PM Lunch Break

04:00PM - 05:45PM Modified Ashtanga Vinyasa Primary Series

06:15PM - 07:00PM Meditation & Yin Yoga

07:00PM - 08:00PM Dinner





OUR TEACHERS

Our teachers bring together years of dedicated practice, traditional knowledge, and practical teaching experience. With each teacher offering their own area of expertise.

From Hatha and biomechanics to philosophy, Ayurveda, pranayama, Ashtanga Vinyasa, Yin, and Kirtan, you'll learn through a diverse and grounded approach to yoga. Together, they create a supportive learning environment that honors tradition while encouraging curiosity, exploration, and personal growth.



Lead Teacher
Bipin Bartwal
Bio-mechanics &
Hatha



Anoop Raturi
Philosophy,
Ayurveda & Kirtan



Rahul Nagi
Pranayama &
Breathing techniques



Nitin Bartwal
Ashtanga Vinyasa
& Yin Yoga



Kavita Hangargi
Meditation & Yoga
Nidra Indtstructor

FAQ AND TESTIMONIALS

Question : How to book your yoga teacher training course?

To start, contact us via WhatsApp or email, and we'll guide you in choosing the best option for you. Once you're confident about the course and dates, a €250 deposit secures your spot. Payments can be made via TransferWise, Revolut, or Bank Transfer. After your deposit, our team will confirm your booking.

Question : Why choose YogaGau?

Yoga Gau blends traditional Hatha and Vinyasa Krama with modern biomechanics, ensuring safe and effective teaching. Our Yoga Alliance certification, holistic approach, and personalized guidance make it a truly transformative experience.

Question : Why is Varkala the best location for YTT?

Varkala is a stunning cliffside destination near the beach, offering the perfect blend of tropical weather without the intensity of other Indian cities. With less crowded beaches, vibrant cafés, and a deep Ayurvedic heritage, it's a serene and spiritual haven, ideal for yogis seeking both peace and inspiration.

Question : What kind of yoga would I learn?

Our YTT is deeply rooted in traditional Hatha Yoga, Ashtanga Vinyasa, Vinyasa Krama, Pranayama, and Meditation, with a strong emphasis on spirituality and philosophy. Beyond this, we offer a comprehensive approach that includes Yin Yoga, Acro Yoga, Yoga Nidra, and mantra chanting, ensuring a well-rounded practice. Our training goes beyond just asanas, we focus on the mind-body connection, breathwork, and the deeper essence of yoga, helping you cultivate both physical mastery and inner transformation.

LUK VAN DER LAAN

★★★★★

I cannot imagine a better place to learn yoga and to experience beautiful India than Yogagou. It's an honor to have learned from the best. The teachers have trained with the biggest yoga names of this time and we can clearly see how they are living their passion. The location was amazing, right at the sea with the most beautiful sunsets, the food was just as incredible — or even better!! What an amazing experience and it's truly an honor to carry this message forward. I would say I'll definitely come back but in truth I will never leave.

Thank you my family. A place like this attracts the most beautiful souls on this planet and if you're reading this I would strongly advice you to take the opportunity to go and receive this blessing yourself! The teachers are going places so be sure to do it soon!! Peace and love ❤️❤️

❤️ namaste 🙏

SOLÈNE MOREAU

★★★★★

I did a 200h ttc at YogaGau, and it exceeded all my expectations. The teachers' dedication to the school and the students is truly inspiring. They designed high-quality classes, and shared their passion and knowledge in a very generous and engaging way. The location, right by the beach, is perfect for taking a dip between intense classes, or just enjoying the beautiful sunsets.

Above all, a sense of trust and community was formed from the very beginning, which made this experience unforgettable. I'm leaving with my head full of happy memories and my heart full of love for this new-found yogi family. I'm forever grateful to the YogaGau team for making this happen.

FRANCESCA ORRU

★★★★★

This place is pure magic. I didn't know how much I needed YogaGau until I got there. Waking up to the sound of the ocean, watching the night turn into day — it felt like coming home to myself. The most incredible teachers: Bipin, Nitin, Anoop, Rahul, and Kavita, each so different, yet all with hearts so full. They didn't just teach yoga; they helped me feel it. Thank all of you so much. I'm so happy I got to meet you all!

The food, the laughter, the stillness, the people who became family — just every moment was soaked in love. YogaGau isn't just a school. It's a community, it's connection, to new people you meet but more importantly to yourself. I would give you more stars but there only five.

LUCIE DU

★★★★★

My experience with Yogagau has been truly life-changing — a journey that tested me physically, mentally, and emotionally in the best possible ways. Yogagou is not just a yoga school; it's a genuine community built on love, support, and purpose. The teachers have created something truly extraordinary. Their passion for teaching and their deep care for every student make this place unlike any other. They guide you with wisdom, compassion, and belief in your potential — always encouraging you to go beyond what you thought possible. We were also lucky to celebrate Diwali, and they made us feel so unique ✨



ABOUT YOUR STAY

€999

SHARED · NON AC

€1143

SHARED · AC

€1243

PRIVATE · NON AC

€1341

PRIVATE · AC

YOUR TRAINING INCLUDES

- 21 nights accommodation
- Daily yoga practice
- 200-hour curriculum & materials
- Anatomy · Philosophy · Ayurveda
- Teaching practicum & workshops
- Pranayama · Mantra · Kirtan
- Guidance throughout the training
- 200-Hour Yoga Alliance Certification





YOUR JOURNEY STARTS HERE

200-HOUR YOGA TEACHER TRAINING

Varkala, Kerala, India

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