

Where can I find the best ashtanga yoga classes an

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Rishikesh is the perfect destination to begin or deepen your yoga journey with authentic ashtanga yoga classes at a traditional [ashtanga yoga shala Rishikesh](#)

. Here, you can also enroll in a certified yoga certificate course designed for both beginners and advanced practitioners. Many schools offer professional training programs like [100 hour yoga teacher training in Rishikesh](#)

, [200 hour yoga teacher training in Rishikesh](#)

, and [300 hour yoga teacher training in Rishikesh](#)

, helping you build a strong foundation and advance your career in yoga. If you're looking for relaxation and self-discovery, you can choose from a variety of retreats such as [3 days yoga retreat in Rishikesh](#)

, [5 days yoga retreat in Rishikesh](#)

, [7 days yoga retreat in Rishikesh](#)

, [10 days yoga retreat in Rishikesh](#)

, and [14 days yoga retreat in Rishikesh](#)

, each offering a peaceful and rejuvenating experience. For holistic healing, you can also explore a [sound healing course](#)

and an [ayurveda therapy course](#)

to improve overall well-being. Along with yoga, Rishikesh offers exciting experiences like [Rafting In Rishikesh](#)

and even the opportunity to plan a memorable [rishikesh destination wedding](#)

. If you cannot travel, you can still learn through the [online yoga classes](#)

and [best online yoga classes](#)

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from the comfort of your home.