



Himalayan Yoga Bliss

Yoga Teacher's Training School
The Himalayas & Goa



Himalayan
OGA BLISS
& Wellness centre

✉ info@himalayanyogabliss.com

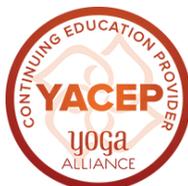
☎ +91 9064333137

🌐 www.himalayanyogabliss.com

Why Himalayan Yoga Bliss?



Himalayan Yoga Bliss is a registered Yoga Teacher Training School affiliated to the prestigious **Yoga Alliance**.



We are the first school of our kind to start Yoga Teacher training in India and Himalayas. Located in the beautiful mountains of the world famous tea growing town of **Darjeeling**, India, we offer Internationally recognised residential Yoga Teacher training with a multi style exposure and immersion into traditional Hatha Yoga and its contemporary styles of the primary series of Ashtanga Yoga and Vinyasa flow.

We are located in the lesser Himalayas being overlooked by the gorgeous, serene and awe inspiring Himalayan peaks of Kanchenjunga, the tallest mountain in India, also considered the tallest in the world for centuries. The beauty, serenity and climate of this place features the ideally suitable environment for the practice of Yoga, as Himalayas is considered to be the place where Yoga has originated. In our Yoga Teacher training in Himalayas our students can feel this authentic approach to Yogic practise and its philosophy.

About Darjeeling | “Queen of Hills”

Darjeeling is an enchanting and very popular hill-station in India.

Also known as “the queen of hills” it is famous for its lofty snow-capped mountains, **UNESCO** world heritage toy train and beautiful tea gardens. It derives its name from the Tibetan word “Dorjee-ling” meaning place of the thunder bolt. It’s nestled in the beautiful Himalayas at an altitude of almost 7000 ft. It shares its border with Nepal in the West and Bhutan in the east.

The serene beauty of this place enforces one to experience a close encounter with nature.

It enables an individual to sense the oneness with the nature which is highly essential for a yoga seeker. Every inch of its environment reflects the culture and tradition of yoga thus making it an ideal place for the practice of yoga. Learning and exploring yoga at Darjeeling will become a memorable part of life. Apart from these, Darjeeling

exposes you to a blend of Indian, Tibetan and Nepali cultures due to its location. So it is a wonderful opportunity to explore wide range of cultures and their relation to yoga in a single place. It is the best place to research the impact yoga can have on an individual to a society extended over to a country.

200 Hours YTT

Yoga Teacher's Training Course

DARJEELING



We offer 200 hours Yoga certification programs authorised by Yoga Alliance in the lap of the Himalayas. Whether you want to immerse into the Yogic lifestyle, dream of teaching others through the knowledge of the ancient traditions of Yoga or you simply want to deepen your own understanding and practise in a more enlightened and compassionate way then our 200 hours Yoga certification programs in India and Himalayas is the first step in making these dreams a reality.

Here at **Himalayan Yoga Bliss**, one of the world renowned and acknowledged Yoga School in India, we offer a thorough and intensive 200 Hours Yoga certification overlooking the majestic Himalayas. This course will be your gateway to enter Yoga and pursue the most widely known and accepted Yoga certification program available. Our course is carefully structured to trigger the seed of passion of a Yoga student, enhance your foundational base about Yoga, awaken the Teacher inherent in you and acquire a Yoga Teaching certification that is internationally recognised. It is a place to practice and ultimately grow into a beautiful Yoga Teacher to teach others.



Kira Schütte

5.0 ★★★★★ Google Review

*It's hard to put such an incredible experience into words. I enjoyed everyday of my 200h YTT at the Himalayan Yoga Bliss School. It is beautifully located in the mystic mountains. The teachers are very well selected and knowledgeable. The group atmosphere was phenomenal, representing all ages from 23-50 we grew as a family. Also our wonderful chef took good care and was very accommodating. It took a few days to get adjusted to the cold climate, altitude and foreign culture but I would have not changed a thing. I would definitely return in the future!
Namaste.*

www.himalayanyogabliss.com



200 Hours YTT

Yoga Teacher's Training Course

GOA



A serene and nourishing location of South India, Goa has long been considered a jewel of India, with our new school located a few minutes from Agonda beach, the best beach in India as voted by TripAdvisor. The opportunity to start our Yoga teacher training in Goa has been another added feather in hat for Himalayan Yoga Bliss. However it's not just the location that is so special, we have teamed up with our local partner, the Blue Planet organic health cafe, a beautiful and innovative health food restaurant that has been at the forefront of the organic and vegan food movement in this area for many years. This has truly been a winning combination for our Yoga teacher training in Goa with the best of food and accommodation provided to our students. Our school boasts of this combination found none in any part of Goa especially at such reasonable price which is the core ethic of our program, to strive as the best by providing the best.

In our Yoga Teacher training in Goa, you will study in an environment that promotes concentration, inspiration, and excellence. Our Yoga Instructor 200 and 300 hours Certification programs have met the best of standards to get Yoga Alliance affiliation. We aim to inspire you to become the best version of yourself possible, whether that is to become a Yoga teacher or to simply use the experience gathered through our training and find a perspective in life. Our program extends over four weeks where our team will inspire your passion for Yoga while instilling the essential methods you will use as a successful teacher.



Luca Lasseur

reviewed Himalayan Yoga Bliss on Facebook - 5★

It was absolutely amazing! A true wonderful experience, huge thanks for Sonam and Himalayan Yoga Bliss



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YTTC SCHEDULE 2018-19



200 Hours YTTC
The Himalayas, Darjeeling



• ~~2-27 April, 2018~~

• ~~1-26 May, 2018~~

• 4-29 June, 2018

• 3-28 September, 2018

• 1-26 October, 2018

• 5-30 November, 2018

APPLY NOW

Select the **Yoga Teachers Training Course** dates and

✉ Email us at info@himalayanyogabliss.com

☎ +91 9064333137 or online webform on:

🌐 www.himalayanyogabliss.com

For payments and other information, please do visit www.himalayanyogabliss.com



200 Hours YTTC
Goa, India



• 4 - 28 February, 2019

• 4 - 29 March, 2019



Mantras & Meditation Training
100 Hours



• 27 May - 3 June, 2018 | The Himalayas, Darjeeling

• 6 - 13 January, 2019 | Goa

Know more ►► <https://goo.gl/QtidMb>



Hear what **Andressa E** says on TripAdvisor



Reviewed 3 weeks ago.

I had such a magical, powerful, and loving experience at Himalayan Yoga Bliss. Located at the mountains, you are able to see the splendor of the Kangchenjunga mountain everyday and all the time. Just breathtaking! The teachers were amazing. Loving, caring and with so much wisdom. I came to feel immense gratitude towards the teachers, the fellow students and the people whom helped us feel at home, like Paldan, our beloved cook, who made the most nutritious food everyday for us (literally..in my opinion, the best food EVER!). Sonam, the owner of the school is a person like no other. Thank you Sonam for teaching us so much with your grace! I would recommend to anyone who wants to learn from the wisdom of yoga in a magnificent place from wonderful people. Thank you HYB and my fellow students for such a transformative experience that changed my life forever. <3 Om Shanti

read more ►► <https://goo.gl/51pSsu>

Accommodation & Food

All our 200 hours Yoga Teachers training courses Accommodation & Food are included in the total course fee. This gives our students a feeling of staying at a home away from home while growing together as the course progresses.



Get in Touch

Himalayan Yoga Bliss



Himalayan Yoga Bliss

Dr. Zakir Hussian Road, Rockville
Darjeeling - 734101
West Bengal, India



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HOW TO REACH US:

By Air

Nearest airport Bagdogra (IXB) which is 94 kms from Darjeeling town. Can take private/shared taxi from Siliguri town to Darjeeling. (Approx 3 hours)

By Railway

Nearest station New Jalpaiguri (NJP), well connected to all the major cities in India. Ample private/shared taxis to reach Darjeeling in about 3 hours.

By Road

From Kolkata (Esplanade Bus Station) regular/volvo bus service easily available till Siliguri town with overnight journey. And private/shared taxi from Siliguri to Darjeeling (3 Hours)

Sylvia Goodrick

5.0 ★★★★★ Google Review

The teachers looked after me very well, and passed on their incredible knowledge of Yoga.
An experience that changed my life!!!



Indeed, one of the Best Yoga School in India

“What you are seeking; Is seeking you”

Latest Activities on our Social Media

