



®

**YOGA KULAM ACADEMY
INTERNATIONAL**
A Community to belong

MYSORE

Yogakulam Academy



Visit Our Website

www.yogakulamacademy.com



Yogakulam in Mysore

Yogakulam Academy Mysore, a prestigious Yoga Teacher Training School in India, invites you to embark on an immersive yogic journey amidst the rich cultural heritage of Mysore. Designed to capture the essence of a traditional ashram, our school provides a tranquil sanctuary where you can deepen your yoga practice and fully embrace the authentic yogic lifestyle. Experience the serene surroundings and vibrant energy of Mysore as you grow both personally and spiritually in this transformative environment.





Experience a Life-Changing 200-Hour Yoga Teacher Training in Mysore

Since 2019, Yogakulam Academy in India, has been a pioneer in Yoga Teacher Training, establishing itself as the longest-running school in the country. With a global community of over 5,000 graduates.

Mysore, often regarded as the spiritual capital of yoga, offers a perfect blend of traditional teachings and serene surroundings, making it an ideal destination for those seeking to deepen their practice and become certified yoga teachers. Situated on the peaceful banks of the Kaveri River, the Yoga Teacher Training Course (TTC) in Mysore provides a truly unparalleled setting for personal growth and professional development.





100-Hr yoga Teacher Training Course



200-Hr Yoga Teacher Training Course



Yoga Retreat



100-Hr Advanced Tantra & Kundalini Yoga Teacher Training Course



100-hr Yoga Teacher Training Course

The 100-Hour Yoga Teacher Training Course offers a comprehensive journey for those seeking to elevate their yoga practice. By the end of the course, you'll gain the confidence and expertise needed to guide others in their yoga journey.

Level : Beginner

Language : English

Module : Residential with Meals

Certification : Yoga Alliance

Style : Multi-style yoga

Duration : 12 Days



200-hr Yoga Teacher Training Course

The 200-Hour Yoga Teacher Training Course is a comprehensive program designed for anyone seeking to advance their yoga practice. Whether you're a beginner or an experienced practitioner, this course offers an in-depth exploration of yoga, helping you deepen your knowledge and understanding.

Level : Beginner to Intermediate

Language : English

Module : Residential with Meals

Certification : Yoga Alliance

Style : Multi-style yoga

Duration : 24 Days



100-Hr Advanced tantra & Kundalini Yoga Teacher Training Course

This 100-Hour Advanced Tantra & Kundalini Yoga Teacher Training in Mysore, India, offers a profound journey into the energetic and spiritual dimensions of yoga, designed specifically for dedicated practitioners, yoga teachers, and seekers looking to deepen their understanding and experience of Tantra and Kundalini practices.

Language : English

Module : Residential with Meals

Certification : Yoga Alliance

Duration : 9 Days



Yoga Retreat

Our retreat is thoughtfully designed to provide a rejuvenating break from routine life. Whether you are a beginner or an experienced practitioner, the peaceful environment, disciplined routine, and personalized guidance help you reset, realign, and rediscover balance.

Language : English

Module : Residential with Meals

Certification : Yoga Alliance

Duration : 7 Days / 14 Days / 21 Days

Course	Sharing Room	Private Room
100 Hrs Yoga TTC	\$750	\$1000
200 Hrs Yoga TTC (River View Room)	\$1750	\$2000
200 Hrs Yoga TTC (GardenView Room)	\$1500	\$1750
100-Hr Advanced Tantra & Kundalini YTTC	\$900	\$1200
Yoga Retreat	\$750	\$1000



Venue

Accommodation



Certification



Excursion



Outdoor Indoor Classes



How To reach us



Mysore Junction Railway Station: approximately 12 km



Bengaluru International Airport: approximately 170–180 km



Taxi/Cab: Direct cabs available from the airport to Mysore

- Mysore Bangalore express Highway – 200 metres
- Mysore Railway Station 12 kms
- Bangalore Airport – 180 km
- Mysore City – 10 km
- Srirangapatna Bus stand 5 km

How To reach us



MYSORE PALACE



**RANGANATHASWAMY TEMPLE,
SRIRANGAPATNA**



MYSORE ZOO



CHAMUNDI HILLS



BRINDAVAN GARDEN



ST. PHILOMENA'S CATHEDRAL



**RANGANATHITTU BIRD
SANCTUARY**



About Food

Enhance your yoga experience at Yogakulam Academy in Mysore with a nourishing culinary journey that complements your practice. Our meals are mindfully crafted using fresh, locally sourced ingredients, designed to support both your body and soul.

Indulge in wholesome breakfasts, delicious lunches, and satisfying dinners, each dish prepared with care to align with your wellness journey during the Yoga Teacher Training Course (YTTC).

Meal Highlights:

- Served three times a day: Breakfast, Lunch, and Dinner
- Herbal tea available to soothe and rejuvenate
- Pure vegetarian and yogic cuisine
- Vegan and gluten-free options available upon request
- Special accommodations for allergies—please inform us in advance

Contact Us

For any inquiries or further information about our programs, classes, or accommodations, please feel free to reach out to us. We are here to assist you and look forward to welcoming you to Yogakulam Academy in Mysore. Your journey towards wellness and transformation begins with us!



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Thank You

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