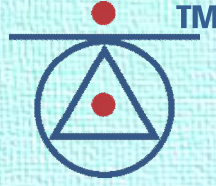


**ACT YogA**  
**Authentic Classical Traditional Yoga**



**Happily announces its 8th  
108-Hours Teacher Training Retreat (TTR)  
Rishikesh  
Dec 1<sup>st</sup> to 13<sup>th</sup> 2026**

By the banks of soothing river Ganges, in the serene Parmarth Niketan Ashram,  
Under intensely passionate, highly learned and vastly experienced Teacher and  
Team, Soak in the ancient heritage of Yoga and Get ready for spreading the  
message of 'ACT Yoga'.

**Avail the Opportunity to become a Permanent Member of ACT YogA!**

**Teacher: Dr. N. Ganesh Rao**

Ref: [www.ganeshraoyoga.com](http://www.ganeshraoyoga.com); [www.actyoga.in](http://www.actyoga.in)

Email: [drganeshnrao@gmail.com](mailto:drganeshnrao@gmail.com); [info@actyoga.in](mailto:info@actyoga.in)

**Fees: INR 70000 (Rupees Seventy Thousand only) for Indian participants  
USD 1200 (One Thousand Two Hundred only) for Foreign participants**

**Note:** Fees to be paid by Paytm or NEFT Transfer to  
Bank Account: ACT Yoga  
Union Bank of India;  
Santacruz (East), Mumbai – 400029;  
A/C No. 510101006560904;  
IFS Code – UBIN0904996

**For details, please contact:**

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**Life is wonderful with Yoga**

## About the TTR in brief

The TTR, which aims to generate Teachers of Authentic Classical and Traditional Yoga, will cover in general the following:

### I. Theory

- Classical Yoga; Etymological Meanings, Definitions & Traditions of “Yoga”
- Indian Philosophy (Darshanas)
- Samkhya Philosophy; Patanjali’s Yoga Sutras
- Hatha Yoga: Meaning and Salient distinguishing features
- Prana, Nadis, Chakras and Kundalini
- Indian Culture and its Salient Features
- Mantra and its Significance
- AUM, its Significance and Methods of Chanting
- Anatomy and Physiology (as unfolded in practices)
- Fundamental Principles of Yoga Therapy and Counselling
- Gist of Bhagvad Gita

II. Daily chanting of more than 25 traditional, significant and melodious mantras

### III. Practices (all having traditional and textual backing)

- Daily practice of Shuddhi Kriyas
- Sukshma Vyayama (Rotational Exercises)
- Asanas; Pranayama; Mudras & Bandhas
- Meditation
- PYS & Mantra Chanting
- Yoga Nidra
- Traditional Suryanamaskar (Sun Salutation) with Mantras
- Dynamic Practices for Core strength
- Initiation into & practice of 4S
- Specialized & Esoteric Therapy Sessions – Learn & Implement

IV. Teaching Practice by Participants – Building Future Teachers (every day)

V. Question / Answer Session (every day)

VI. Music, dance and celebration (every day)

VII. Participating in Ganga Aarti

VIII. Sight-seeing on Break-days