

Tapasyalayam Ashram



community life

meditation

kirtan

asana practice

philosophy

anatomy

sattvic food – healthy food

just 3 minutes from the Ganges

fresh air, the sound of flowing water

Dear Yogis,
Let's celebrate life —
explore it and discover it!
You can register now for
September 2026

- * If you want to have a transformative experience
- * always wanted to know what yoga can do or truly can be
- * want to recharge and refresh yourself
- * take an active break from your everyday life
- * or become a yoga teacher!
- * then sign up and join us!

➔ Yoga Alliance Certificate



*„If one does not yet know life,
how could one know death?“*

Confucius

YOGA

INTEGRAL YOGA TEACHER TRAINING



29.08.2026 – 27.09.2026

UTTARKASHI, INDIA
at the beautiful
TAPASYALAYAM ASHRAM

mail@yogashalainternational.com
yogashalainternational.com



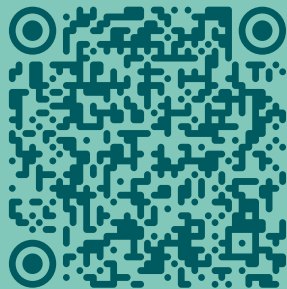
„Simple living - high thinking“

Swami Sivananda



Daily Program:

5.30	Wake up
6.00 – 7.30	Satsang: Meditation, Kirtan, Philosophy
7.30	Tea
8.00 – 9.45	Asana Class
10.00	Brunch
12.00 – 13.00	Philosophy, Anatomy, Asana Clinic
13.15	Tea and Snack
14.00 – 15.30	Philosophy Class
16.00 – 17.45	Asana Class
18.00	Dinner
20.00 – 21.30	Satsang: Meditation, Kirtan, changing program



Integral Yoga Teacher Training

29.08.2026 – 27.09.2026

Uttarkashi, India

Early Bird: 2750.00 € (till 31.01.2026)

Regular Price: 2900.00 €

Integral Yoga Teacher Training

Asanas – body postures, **Pranayama** –
breathing exercise, **Savasana** – relaxation,
Kirtan – **Bhakti** – music, **Meditation** –
concentration, **Vedanta** – philosophy –
positive psychology
for sincere seekers



Maren
Teacher for Meditation,
Kirtan, Asana, Philosophy
Languages: English, German
Insta: @yogajourneymaren

Maren has been studying yoga since 2000, has taught in many teacher trainings for various yoga organisations and currently runs her own yoga studio in Berlin, Germany. „Yoga is diversity with a common goal: to better understand others and oneself, to become a more loving being, to stay or become healthy, to have enriching relationships, to support each other, and last but not least to realise the mysteries of BEING. Om Tat Sat.“

In addition, local swamis and swaminis will also enrich our teacher training and share their knowledge with us – a very special opportunity!



Kashi
Philosophy teacher
Languages: English

Kashi has studied for decades in India, and is a masterful yoga and Vedanta philosophy teacher. For over 25 years, he has been teaching spiritual wisdom to sincere seekers around the world. Kashi's spiritual journey is deeply influenced by his mentor, Swami Chaitanyananda, a direct disciple of the illustrious Swami Sivananda of Rishikesh. This rich spiritual lineage is reflected in Kashi's teachings which harmoniously blend traditional wisdom with contemporary insights. His teachings emphasise compassion, mindfulness, and the transformative power of self-realisation. Kashi also founded the Chaitanya Tapovan Ashram, nestled in the tranquil surroundings of Uttarkashi, India, a sanctuary for those seeking spiritual growth and inner peace. With a mission to spread spiritual awareness and foster inner peace, Kashi travels extensively, conducting spiritual retreats and shares uplifting chant with his guitar across the globe.



yogashalainternational.com