



**Shivaay Shakti
Yogashala**

RISHIKESH STYLE YOGA TEACHER TRAINING IN SAIGON, VIETNAM

JOIN US!

Exploring the Spiritual Dimension of Yoga and its Impact on Daily Life

Shivaay Shakti Yogashala Vietnam is a serene yoga school rooted in traditional Indian teachings, now blossoming in the heart of Vietnam. We offer daily yoga and meditation classes, certified teacher training (200-Hour YTTC), holistic retreats, and wellness workshops guided by experienced teachers from Rishikesh. With personalized attention, authentic practices, and a peaceful atmosphere, our yogashala is a space to reconnect, heal, and grow—physically, mentally, and spiritually.



Beginner to Intermediate

Yoga Alliance USA Certification

200 Hour Yoga TTC

Level : beginner to intermediate level

Duration : 24 Days Yoga TTC

Date : 2nd October 2025

Accommodation : Private / Couple

Food : 3 Vegetarian meals

Language : English, Vietnamese

Venue : Shivaay Shakti Yogashala, Ho Chi Minh City

Activity : Yogic Asanas, Anatomy, Philosophy,
Paranayama, Yog Nidra and Meditation, Shatkarma
And more.



We're excited to announce our
Rishikesh-Style Yoga Teacher Training Course
is now in Ho Chi Minh City (Saigon), Vietnam,
From October 2025!



Intermediate To Advanced

Yoga Alliance USA Certification

300 Hour Yoga TTC

Level : Intermediate To Advanced level

Duration : 28 Days Yoga TTC

Date : 2nd November 2025

Accommodation : Private / Couple

Food : 3 Vegetarian meals

Language : English, Vietnamese

Venue : Shivaay Shakti Yogashala, Ho Chi Minh City

Activity : Yogic Asanas, Anatomy, Philosophy,
Paranayama, Yog Nidra and Meditation, Shatkarma
And more.

WHAT YOU WILL LEARN

Hatha & Ashtanga Yoga Asana

Pranayama & Meditation Techniques

Yoga Philosophy & Anatomy

Alignment & Adjustment Techniques

Mantra Chanting & Sound Healing

Teaching Methodology & Practicum

Master Flexibility

Balance Your Mind

Teaching Skills

Connect With a Community Of Coaches

vaay Shakti
ogashala

Our teaching team comes directly from Rishikesh.
The Yoga Capital of the World, offering authentic
knowledge and years of teaching experience.

LOCATION-

Ho Chi Minh City (Saigon), Vietnam vibrant cultural hub blending tradition, history, and modern energy — the perfect setting for a deep yogic transformation.

Things To Do In Ho Chi Minh City, Vietnam

Explore the War Remnants Museum

Admire the Notre-Dame Cathedral Basilica of Saigon

Wander Through Jade Emperor Pagoda

Shop at Ben Thanh Market

Enjoy Nightlife on Bui Vien Street

Try Authentic Vietnamese Street Food

Visit the Reunification Palace

See the Saigon Central Post Office

Explore Chinatown and Thien Hau Temple

City Bus Tour

Stroll Down Nguyen Hue Walking Street

Yoga Teacher Training Course



DAILY SCHEDULE

06:00 – 07:30 - Hatha Yoga

07:45 - 08:45 - Pranayama / Shatkarma

09:00 - 10:00 - Breakfast

10:15 - 11:15 - Yoga Philosophy

11:15 - 12:15 - Self Practice

12:30 - 13:30 - Lunch

14:00 - 15:00 - Asana Alignment

15:15 - 16:15 - Anatomy

16:30 - 17:30 - Ashtanga Yoga

18:00 - 19:00 - Meditation / Mantra

19:00 - 21:00 - Dinner

**Note: Schedules are subject to change.
No Classes on Sunday**

Our goal is to organize yoga courses every two months in different locations in Vietnam. This will allow students to travel to new places and meet different cultures and people while practicing yoga.

What Is Include

- ✓ 23 Nights/24 Days of Private or Couple Accommodation (With Shared & Private Room)
- ✓ Yoga Books, Notebooks and pens
- ✓ Cleansing Kit
- ✓ Fire Ceremony
- ✓ Daily Three Time Nutritious Meal (With Shared & Private Room)
- ✓ CCTV surveillance
- ✓ 24-hour reception available (With Shared & Private Room)
- ✓ Wifi Access (With Shared & Private Room)
- ✓ Free Pickup from Airport.

What Is Not Include

- ✗ Air fare
- ✗ Room Heater - 150 USD Extra
- ✗ Massages
- ✗ Medical
- ✗ Fees for visa
- ✗ Any Personal Expenses
- ✗ Outside Food

BOOKING OPEN!

HURRY UP!- LIMITED SEATS AVAILABLE

PRE-BOOKING IS REQUIRED

How To Book The Course

In order to book a seat for the course, you are requested to deposit an advance course fees of **200 USD**. An official confirmation email concerning your course will be sent to you shortly after a successful advance deposit for the course fees. This advance fee is going to be subtracted from the entire fee of the course. The remainder of the yoga fee can be paid on arrival.

Batch Size
15
Students



Contact Details

*Transform your life,
deepen your practice, and
become a certified yoga
teacher with us in
Vietnam*

Location:- Ho Chi Minh (Saigon), Vietnam

Call / WhatsApp / Zalo :- +91 7505832930

Mail Us:- shivaayshaktiyogashala@gmail.com

Website:- www.shivaayshaktiyogashala.com