



Om Yoga International, Tapovan, Rishikesh, India

RYT 200-Hour Residential Yoga Teacher Training



Official course page: [200-Hour Residential Yoga Teacher Training](#)

The RYT 200-Hour Yoga Teacher Training is a foundational residential programme for beginners, yoga practitioners and aspiring teachers who want to deepen their personal practice and develop the skills needed to teach yoga.

The programme combines traditional yogic philosophy with practical asana training, anatomy and physiology, pranayama, meditation, alignment, teaching methodology and professional development.

1. Course overview

- Duration
- 24 days
- 23 nights of accommodation and 21 training days, as stated on the course page.
- Level
- Beginner to intermediate
- No previous yoga teaching experience is required.
- Location
- Tapovan, Rishikesh, Uttarakhand, India
- Residential training in English.
- Training hours

- 200-hour programme

2. Course objectives

The course aims to help students:

- Build a strong foundation in yoga practice and philosophy.
- Learn Hatha, Ashtanga Vinyasa and Vinyasa Flow.
- Understand basic human anatomy and physiology relevant to yoga.
- Develop pranayama, meditation and relaxation skills.
- Learn asana alignment, modifications and adjustment principles.
- Understand class sequencing and lesson planning.
- Develop communication and teaching methodology skills.
- Gain experience through teaching practice and assignments.
- Understand professional ethics and the responsibilities of a yoga teacher.
- Explore career opportunities and the fundamentals of running yoga classes.

3. Detailed curriculum and syllabus

The official webpage lists 12 curriculum areas. The following sections preserve the subject areas and expand their published topics into a readable prospectus format.

Module 1: Philosophy — Study of Yoga Texts

Study the classical texts, philosophical frameworks and spiritual principles that underpin yoga.

- Prasthanatrayi and the Upanishads.
- Samkhya philosophy.
- Bhagavad Gita.
- Jnana Yoga, Bhakti Yoga and Karma Yoga.
- Patanjali's Yoga Sutras.
- The eight limbs of Ashtanga Yoga.
- Hatha Yoga Pradipika.
- Gheranda Samhita and Shiva Samhita.
- Pancha Koshas, nadis and chakras.
- Teachings and philosophies of different yoga masters.
- Ayurvedic concepts of Tridoshas, Sapta Dhatus, Agni, Vayu and Mala.
- Dinacharya (daily routine) and Ritucharya (seasonal routine).

Module 2: Philosophy — Yoga and Yogic Practices

Explore the foundations and practical principles of yoga.

- Origin, definition, aims and objectives of yoga.

- Sukshma Vyayama and Sthula Vyayama.
- Principles of asana practice.
- Pranayama, bandhas and mudras.
- Introduction to shatkarmas.
- Hatha, Vinyasa, Ashtanga and Iyengar Yoga.
- Yogic diet: sattvic, rajasic and tamasic approaches.
- Principles of healthy living.
- Mindfulness and meditation.
- Ethics and responsibilities of yoga teachers.

Module 3: Yoga Anatomy and Physiology

Understand the human body and how anatomical knowledge supports yoga practice.

- Structure, composition and development of the human body.
- Bones, joints and muscles.
- Biomechanics of movement.
- Concepts of health, wellness and holistic well-being.
- Respiratory anatomy and breathing physiology.
- Digestive system.
- Cardiovascular system.
- Nervous system.
- Endocrine system.
- Effects of yogic practices on major body systems.
- Yogic approaches to stress management and mental well-being.
- Common health conditions and their relevance to yoga practice.

Module 4: Asanas — Practice and Alignment

Develop posture awareness, safe movement and a foundation in asana teaching.

- Definition, classification and categories of asanas.
- Sthula and Sukshma Vyayama.
- Surya Namaskara practice.
- Standing postures.
- Seated postures.
- Prone and supine postures.
- Balancing postures.
- Alignment principles and common misalignments.
- Benefits, precautions and contraindications.
- Posture modifications and variations.
- Introduction to hands-on adjustments.
- Body awareness and individual physical limitations.
- Safe practice and injury-prevention principles.

Module 5: Pranayama — Breathing Techniques

Learn traditional breathing practices and their relationship with focus, relaxation and well-being.

- Introduction, preparation and principles of pranayama.
- Puraka (inhalation).
- Rechaka (exhalation).
- Kumbhaka (breath retention).
- Antaranga and Bahiranga Kumbhaka.
- Cleansing breathing techniques.
- Sectional breathing methods.
- Ashta Kumbhakas (eight classical pranayama practices).
- Physiological and psychological aspects of pranayama.
- Breath awareness and regulation.
- Developing mental focus through breathing.
- Appropriate precautions and contraindications.

Module 6: Meditation — Mindfulness Practices

Explore meditation techniques to develop awareness, concentration and relaxation.

- Guidelines and preparation for meditation.
- Dos and don'ts of meditation.
- Anapana Sati (body and breath awareness).
- Yoga Nidra Level I.
- Recitation and contemplation of Pranava (Om).
- Traditional hymns.
- So-Ham meditation.
- Cyclic meditation.
- Sakriya Dhyana (active meditation).
- Antarmauna (inner silence).
- Self-observation and mental clarity.

Module 7: Bandhas and Mudras — Yogic Locks and Gestures

Study traditional yogic locks and gestures and their application in practice.

- Jalandhara Bandha (throat lock).
- Uddiyana Bandha (abdominal lock).
- Mula Bandha (root lock).
- Tri Bandha and Maha Bandha.
- Yoga Mudra and Maha Mudra.
- Panch Tattva Mudras.

- Panch Prana Mudras.
- Chin Mudra and Jnana Mudra.
- Ashwini Mudra.
- Viparita Karani Mudra.
- Adi Mudra.
- Meru Danda Mudra.

Module 8: Shatkarmas — Yogic Cleansing Practices

Learn the principles, preparation, precautions and traditional applications of yogic cleansing practices.

- Introduction to shatkarmas and yogic purification.
- Preparation and prerequisites.
- Safety guidelines and contraindications.
- Neti: Jal Neti and Sutra Neti.
- Dhauti: Vamana Dhauti (Kunjal Kriya) and Vahnisara Dhauti (Agnisara Kriya).
- Kapalabhati (Vatakrama Kapalabhati).
- Shankh Prakshalana (Varisara Dhauti).
- Mukha Dhauti (oral cleansing techniques).
- Trataka (yogic gazing and concentration).
- Benefits, precautions and contraindications.

Some cleansing practices require special preparation and should be taught and performed only under qualified supervision, with appropriate screening and precautions.

Module 9: Sequencing and Class Planning

Develop the skills needed to structure balanced and effective yoga classes.

- Principles of safe and effective sequencing.
- Warm-up, main practice, cool-down and relaxation.
- Hatha, Vinyasa and restorative class formats.
- Adapting instruction to different abilities and experience levels.
- Theme-based and intention-driven classes.
- Sequencing different categories of asanas.
- Designing class plans for different settings and durations.
- Integrating pranayama, bandhas and mudras.
- Including relaxation and meditation in class sequences.
- Creating progressive and well-structured sessions.

Module 10: Teaching Methodology and Communication Skills

Build confidence in communicating clearly and guiding students effectively.

- Fundamentals of effective yoga teaching.
- Verbal instructions, cues and guidance.
- Tone, pace, presence and language.
- Safe verbal and physical adjustments.
- Teaching presence, authenticity and confidence.
- Observation skills.
- Providing constructive feedback.
- Adapting methods to different student needs and learning styles.
- Flexibility and responsiveness as a teacher.
- Professionalism in teaching.
- Creating a safe, inclusive and supportive environment.

Module 11: Self-Practice, Teaching Experience and Assignments

Apply the knowledge gained throughout the course through personal practice and supervised teaching.

- Developing and maintaining a personal yoga practice.
- Reflecting on personal development.
- Planning continued learning after graduation.
- Teaching practice with peers and classmates.
- Receiving and applying constructive feedback.
- Completing the course modules and requirements.
- Submitting assignments and projects.
- Written and practical examinations.
- Evaluating knowledge and teaching competency.
- Graduation and transition into professional teaching practice.

Module 12: Business of Yoga and Career Development

Explore the practical and professional aspects of working as a yoga teacher.

- Career opportunities in yoga.
- Developing a personal brand and professional identity.
- Marketing yoga classes, workshops and events.
- Building professional networks.
- Collaborating with studios and wellness centres.
- Teaching private sessions, group classes and retreats.
- Business planning and client management.
- Financial management and pricing strategies.
- Scheduling and administration.
- Student retention.
- Professional ethics and long-term career growth.

4. Course benefits

The course page highlights these features:

- Traditional yoga philosophy: Study classical texts and traditional yogic knowledge.
- Scientific understanding: Learn anatomy and physiology alongside yoga practice.
- Experienced lead trainers: The school identifies its founders as lead trainers for core subjects.
- Small batches: The page states that batches generally contain 12–15 students.
- Practical teaching: Develop confidence through teaching practice and feedback.
- International community: Learn with students from different countries.
- Post-course support: The school describes continued teaching guidance, career support and alumni connections.

5. Course duration and upcoming batches

The website lists a 24-day residential programme, with 23 nights of accommodation and 21 training days.

Batch dates	
1–24 November 2026	
1–24 December 2026	
1–24 January 2027	
1–24 February 2027	
1–24 March 2027	
1–24 April 2027	
1–24 May 2027	
1–24 August 2027	
1–24 September 2027	
1–24 October 2027	
1–24 November 2027	
1–24 December 2027	

These are the dates and seat counts displayed on the website when checked. Confirm current availability with admissions before offering a place.

Check-in and check-out

- Check-in: 1st of the month at 10:00 AM IST.
- Opening ceremony: 1st of the month at 4:00 PM IST.
- Certification ceremony: 23rd of the month at 10:00 AM IST.
- Check-out: 24th of the month at 10:00 AM IST.

6. Daily schedule

The official course page lists this typical routine.

Time	Activity
6:30–7:00 AM	Shatkarmas
7:00–8:30 AM	Hatha Yoga
9:00–10:00 AM	Breakfast
10:30–11:30 AM	Yoga Philosophy
11:45 AM–12:45 PM	Alignment, Adjustments and Teaching Methodology
1:00–2:00 PM	Lunch
3:30–4:30 PM	Yogic Anatomy and Physiology
4:30–5:00 PM	Tea, Coffee or Chai
5:15–6:45 PM	Ashtanga Vinyasa
6:45–7:45 PM	Pranayama and Meditation
7:45–8:45 PM	Dinner

The page also mentions a morning routine beginning at 5:30 AM. The exact timetable may vary by batch.

7. Learning outcomes

By the end of the programme, students are expected to have developed:

- A foundation in yoga philosophy and classical texts.
- Knowledge of Hatha, Ashtanga Vinyasa and Vinyasa Flow.
- Greater awareness of asana alignment and movement mechanics.
- An understanding of anatomy and physiology relevant to yoga.
- Familiarity with pranayama, meditation and relaxation techniques.
- Knowledge of mudras, bandhas and shatkarmas.
- Skills in planning and sequencing yoga classes.
- Communication and teaching methodology skills.
- Practical teaching experience and feedback.
- An understanding of professional ethics and yoga career development.

8. Who can join?

This course is suitable for:

- Beginners who want to build a strong yoga foundation.
- Yoga practitioners who wish to deepen their personal practice.
- Aspiring yoga teachers who want to teach professionally.
- Students interested in yoga philosophy and traditional practices.
- People who want to learn anatomy, pranayama and meditation.
- Practitioners seeking an immersive residential learning experience.

Previous teaching experience is not required. The school's FAQ states that advanced flexibility is also not a requirement. Students are encouraged to practise within their abilities and respect their individual limitations.

9. Certification

The school states that students who successfully complete the programme receive a 200-Hour Yoga Teacher Training Certificate issued by Om Yoga International, which identifies itself on the page as a Yoga Alliance Registered Yoga School (RYS 200).

The published certificate information includes:

- A printed certificate.
- Signature of the lead trainer.
- Om Yoga International school seal.
- Eligibility to pursue Yoga Alliance RYT 200 registration, subject to the relevant requirements.

The school-issued course completion certificate and an individual's Yoga Alliance registration are distinct. Completion of the course does not by itself mean that a student's individual registration has already been issued.

10. Accommodation and campus facilities

The residential course is held at Rishikesh Sadan, Tapovan, Rishikesh.

Accommodation options

- Triple-sharing room.
- Twin-sharing room.
- Private room.

- Quad sharing, listed as available for female students only.
- Tuition-only option for students arranging their own accommodation and meals.

Room facilities

The website lists:

- Air-conditioned rooms.
- Beds and attached bathrooms.
- Hot water.
- Wi-Fi.
- Fresh towels and linen.
- Daily housekeeping.
- Mountain or forest views, depending on the room.
- Heater and mosquito net, as listed for selected rooms.
- A secure campus with staff on-site.
- Laundry facilities.
- Rooftop terrace with Himalayan mountain views.

The campus is described as approximately a five-minute walk from the Ganges and Laxman Jhula Bridge. Specific facilities may vary by room category.

11. Food and meals

The residential package includes three daily vegetarian meals described as sattvic yogic food.

The school's published food information lists:

- Breakfast, lunch and dinner.
- Seasonal vegetables.
- Rice, roti and whole grains.
- Dal and other legumes.
- Fresh fruits and salads.
- Milk, curd and dairy products.
- Fresh herbs and natural spices.
- Nuts and seeds.
- Herbal tea and drinking water.

The website also describes vegan and gluten-free options. Students with allergies or special dietary requirements should confirm arrangements before booking.

12. Course fees in INR and USD

The course page contains different prices in its introductory section and its booking section. The table below shows the booking-section prices, along with the advertised USD price where available.

Accommodation	Fee in INR	Fee in USD
Triple sharing	₹65,000	\$699
Twin sharing	₹75,000	\$799
Private room	₹90,000	\$999
Without accommodation and meals	₹30,000	\$350

The introductory section of the same page also displays lower prices of ₹55,000 for triple sharing, ₹65,000 for twin sharing, ₹85,000 for a private room and ₹25,000 without accommodation and meals. These amounts conflict with the booking section.

Registration deposit

The page also displays two different seat-reservation amounts:

- ₹10,000 / US\$100 in the booking section.

13. What is included in the course fee?

The website lists the following as included in the residential package:

- 200-hour yoga teacher training.
- Hatha, Ashtanga, Vinyasa and Iyengar Yoga classes.
- Yoga philosophy and anatomy.
- Pranayama and meditation.
- Yoga therapy and Ayurveda-related learning.
- Alignment and adjustment workshops.
- Teaching methodology and sequencing.
- Practical teaching sessions.
- Course manuals and study materials.
- Accommodation for the course period.
- Three vegetarian meals daily.
- Herbal tea and filtered drinking water.
- Assessment, mentorship and personalised feedback.

- Certificate upon successful completion.
- Access to an international yoga community.
- A residential learning environment.

The page also lists the following special sessions:

- Sound healing with singing bowls and other instruments.
- Introduction to Reiki.
- An Ayurveda session with an Ayurvedic physician.
- Acro Yoga.
- Beach Yoga and a Ganges session.
- Kirtan and mantra chanting.

The course page advertises these as included experiences. Confirm the exact schedule and availability for the selected batch.

14. What is not included?

The website lists the following as excluded or potentially additional expenses:

- International and domestic airfare.
- Visa fees and travel documents.
- Travel and medical insurance.
- Airport transfers unless specifically confirmed.
- Personal expenses and shopping.
- Laundry services.
- Extra meals, snacks or beverages outside the provided menu.
- Optional excursions and recreational activities.
- Private consultations or therapies not included in the curriculum.
- Accommodation before check-in or after check-out.
- Certificate reissue or courier charges, if applicable.

The page also advertises complimentary pickup and sightseeing in some sections. Confirm the final inclusions with admissions before publishing a definitive list.

15. Special sessions and excursions

The course page describes the following experiences:

- Sound healing: A guided session using Tibetan singing bowls, crystal bowls and tuning forks.
- Reiki session: An introduction to Reiki and a guided session.
- Ayurveda session: Learning about constitution, diet, daily routines and the relationship between Ayurveda and yoga.
- Acro Yoga: Partner-based practice focused on coordination, communication and balance.
- Beach Yoga and Ganges session: Yoga practice by the river, subject to the schedule and conditions.
- Kirtan and mantra: Group chanting with traditional devotional music.

- Ganga Aarti: An opportunity to witness the evening ceremony on the riverbank.
- Himalayan sunrise hike: A guided outdoor experience.
- Temple visits and waterfall trek: Excursions to local spiritual and natural sites.

Some excursions may depend on weather, the timetable and the package terms.

16. Teaching team

The course page identifies the following faculty and areas of teaching:

- Shri Radhika Sharan Ji: Founder and lead trainer, teaching yoga philosophy, Hatha Yoga and related subjects.
- Ruchika Sharan Ji: Lead trainer with experience in yoga teaching, philosophy and specialised yoga programmes.
- Sumit: Practical teacher specialising in Hatha Yoga and Ashtanga Vinyasa.
- Arti Saxena: Meditation trainer and healer.
- Dr. Anu Antony: Ayurveda physician.
- Disha Gulati: Sound healing teacher.
- Dr. Yoshita Saxena: Naturopathy and yoga physician.
- Keshav: Practical teacher specialising in Hatha Yoga and Ashtanga Vinyasa.

The school states that its founders personally teach core subjects, while asana instructors are invited from outside.

17. What students should bring

Students should prepare:

- Comfortable yoga clothing.
- A light jacket or shawl for cooler mornings and evenings.
- Personal toiletries and hygiene essentials.
- A reusable water bottle.
- Notebook and pens.
- Personal medication and basic first-aid items.
- Passport, visa and travel documents for international students.
- Comfortable walking shoes or sandals.
- Sunscreen, hat and insect repellent, if needed.
- A small daypack.
- An open and willing attitude toward learning.

18. Application and enrolment process

The website describes the following application process:

1. Fill out the application: Submit personal and course details.
2. Receive confirmation: The admissions team reviews the application and contacts the student; the page states a typical response time of 24–48 hours.
3. Secure the seat: Pay the confirmed deposit or the full course fee.
4. Prepare for arrival: Receive the welcome pack, travel guidance and course information.

Before payment, students should receive written confirmation of the batch dates, selected room, total fee, deposit, remaining balance and cancellation terms.

19. Cancellation and refund policy

The course page describes the seat deposit as a reservation payment. However, the details on the course page should be checked against the school's current full cancellation and refund policy before a definitive promise is made.

Confirm:

- Whether the deposit is refundable.
- The cancellation deadline.
- Any deductions or administrative charges.
- Whether the booking can be transferred to another batch.
- The refund processing time.

20. Frequently asked questions

Q. Is the course suitable for beginners?

Yes. The school states that beginners are welcome and that previous yoga teaching experience is not required.

Q. Do I need to be flexible?

No. Advanced flexibility is not listed as an entry requirement.

Q. How long is the residential course?

The course is listed as 24 days, with 23 nights of accommodation and 21 training days.

Q. Which yoga styles are included?

Hatha, Ashtanga Vinyasa, Vinyasa Flow and Iyengar Yoga are listed, along with pranayama, meditation, philosophy and anatomy.

Q. Are accommodation and meals included?

They are included in the residential package. Students choosing the tuition-only option arrange their own accommodation and meals.

Q. What certificate will I receive?

A 200-hour course completion certificate from Om Yoga International upon successful completion of the programme requirements.

Q. Is the course registered with Yoga Alliance?

The school identifies itself as an RYS 200. Eligible graduates may pursue individual RYT 200 registration, subject to Yoga Alliance's applicable requirements.

Q. What language is used?

English is the primary language of instruction.

Q. Is airport pickup included?

The page mentions complimentary pickup in one section and says arrival pickup coordination can be arranged on request elsewhere. Confirm the applicable transfer arrangements with admissions.

21. Contact details

Om Yoga International

- Address: D11-A, Badrinath Road, Laxman Jhula Enclave, Tapovan, Rishikesh, Uttarakhand 249192, India.
- Phone: +91 7060004944
- Email: info@omyogainternational.com
- Official website: www.omyogainternational.org
- Course page: [200-Hour Residential Yoga Teacher Training](#)