



Om Yoga International · Tapovan, Rishikesh, India

RYT 300-Hour Advanced Yoga Teacher Training



1. Course overview

The RYT 300-Hour Advanced Yoga Teacher Training at Om Yoga International is an advanced residential programme for yoga teachers who have already completed a 200-hour yoga teacher training course.

The programme aims to deepen students' understanding of yoga philosophy, anatomy, asana practice, pranayama, meditation, alignment, adjustments and teaching methodology. It combines traditional yogic knowledge with practical instruction to help teachers refine their personal practice and develop their teaching skills.

Duration

29 days

28 nights of accommodation and 25 training days, according to the course page.

Entry requirement

Completed RYT 200 or equivalent foundation

This advanced programme is not intended for complete beginners.

Location

Tapovan, Rishikesh, Uttarakhand, India

Residential training taught in English.

Training level

Advanced yoga teacher training

Designed to build upon previous yoga teacher training.

2. Course objectives

The programme is designed to help students:

- Deepen their understanding of traditional yoga philosophy.
- Refine Hatha, Ashtanga, Vinyasa and other asana practices.
- Improve alignment, adjustment and movement observation skills.
- Expand their knowledge of anatomy and physiology.
- Develop pranayama, meditation and relaxation practices.
- Understand advanced sequencing and class planning.
- Strengthen teaching methodology and practical teaching confidence.
- Explore mudras, bandhas and traditional yogic cleansing practices.
- Apply yoga principles to general health and well-being.
- Develop a more thoughtful, safe and professional teaching approach.

3. Detailed curriculum and syllabus

The following modules follow the published course page. The page provides detailed descriptions for philosophy and anatomy, followed by an applied-yoga module; the additional topics below are drawn from the course page's published curriculum and FAQ.

Module 1: Philosophy — Foundation of Yoga

The philosophy of yoga provides the theoretical basis for understanding the mind, the self, suffering, liberation and the purpose of yogic practice.

Yoga: Etymology and definitions

- Explore the Sanskrit root Yuj, meaning to join or unite.
- Study traditional definitions of yoga.
- Understand yoga as a path toward harmony, self-awareness and spiritual development.
- Explore the relationship between practice, discipline and personal transformation.

Six schools of Indian philosophy and Vedanta Darshana

- Introduction to the six classical systems of Indian philosophy.
- Study the basic principles of Vedanta.
- Explore consciousness, reality and the Self.
- Understand philosophical perspectives on knowledge and liberation.

Upanishads, Yoga Vashistha and Bhagavad Gita

- Study important teachings from classical Indian texts.
- Explore self-realisation and meditation.
- Understand karma, dharma and detachment.
- Reflect on the application of yogic wisdom to everyday life.

Kriya Yoga and Ishwara Pranidhana

- Introduction to Kriya Yoga as described by Patanjali.
- Tapas, Svadhyaya and Ishwara Pranidhana.
- Discipline, self-study and surrender.
- The role of consistent practice in inner development.

Patanjali's Yoga Sutras and Ashtanga Yoga

- Introduction to Patanjali's teachings.
- The eight limbs of yoga.
- Ethical principles and self-discipline.
- Concentration, meditation and samadhi.
- Applying classical teachings to modern yoga practice.

Major paths of yoga

- Jnana Yoga — the path of knowledge.
- Bhakti Yoga — the path of devotion.
- Karma Yoga — the path of selfless action.
- Raja Yoga — the path of mental discipline and meditation.
- Hatha Yoga — the path of physical and energetic practices.

Yoga in Jainism and Buddhism

- Introduction to contemplative traditions.
- Mindfulness and ethical conduct.
- Meditation and freedom from suffering.
- Similarities and distinctions among traditional approaches.

Yoga in modern life

- Applying traditional principles to contemporary challenges.
- Self-awareness and resilience.
- Mindful living and emotional balance.
- Integrating yogic philosophy into teaching.

Module 2: Anatomy and Physiology

This module develops understanding of the human body and its functions, with emphasis on how anatomical and physiological knowledge supports safe and effective yoga teaching.

Human body and homeostasis

- Introduction to human anatomy and physiology.
- Major systems of the human body.
- Homeostasis and internal balance.
- The relationship between physiological functions and well-being.

Musculoskeletal and cardiovascular systems

- Bones, muscles and joints.
- Joint movement and muscular function.
- Posture and movement patterns.
- The heart, blood vessels and circulation.
- The role of strength and mobility in asana practice.

Respiratory and digestive systems

- Structure and function of the respiratory system.
- Mechanics of breathing.
- The digestive system and nutrient absorption.
- The relationship between breathing, movement and physical activity.

Nervous and endocrine systems

- Brain, spinal cord and peripheral nerves.
- Basic nervous system functions.
- Hormones and endocrine regulation.
- Stress responses and relaxation.
- The relationship between the nervous system and yoga practice.

Sensory organs

- Eyes, ears, nose, tongue and skin.
- Sensory awareness and perception.
- The role of sensory input in balance and movement.
- Developing awareness during asana and meditation.

Impact of yoga on body systems

- Understanding the physiological effects of movement.
- Breath awareness and relaxation.
- Flexibility, strength and balance.
- General cardiovascular and respiratory considerations.
- The relationship between regular practice and overall well-being.

Applied anatomy for yoga practice

- Applying anatomical knowledge to asana.
- Alignment principles and movement mechanics.
- Understanding individual mobility limitations.
- Recognising potential risks and modifying postures.
- Injury-prevention principles for yoga teachers.

Conscious movement and breath awareness

- Body awareness during movement.
- Coordination of breath and posture.
- Movement quality and stability.
- Mindful observation of physical sensations.

Module 3: Applied Yoga

This module focuses on applying yoga principles and practices to general health, stress management and lifestyle well-being.

- Introduction to applied yoga.
- Yoga for general physical and mental well-being.
- Asana, pranayama, meditation and relaxation.
- Stress management through yogic practices.
- Developing consistent and sustainable yoga routines.
- Understanding the needs of different practitioners.
- Adapting yoga practice to individual abilities.
- Applying yoga principles to everyday life.
- Understanding the limits of yoga as a complementary wellness practice.

Module 4: Hatha Yoga

Hatha Yoga develops a foundation in posture, breathing, awareness and traditional practice.

- Principles and purpose of Hatha Yoga.
- Traditional asana techniques.
- Standing, seated, prone and supine postures.
- Asana alignment and stability.
- Breath awareness during postures.
- Preparatory movements and joint mobility.
- Modifications and variations.
- Understanding benefits and contraindications.
- Developing a balanced Hatha Yoga sequence.

Module 5: Ashtanga Vinyasa and Vinyasa Flow

This module develops movement coordination, stamina, concentration and sequencing skills.

- Introduction to Ashtanga Vinyasa principles.
- Linking breath and movement.
- Sun Salutation practice.
- Standing and seated postures.
- Understanding transitions and movement flow.
- Developing strength, stability and flexibility.
- Vinyasa sequencing principles.
- Appropriate modifications for different abilities.
- Understanding the importance of safe pacing and alignment.

Module 6: Alignment and Adjustments

Learn to observe posture, communicate clearly and help students practise with appropriate alignment.

- Principles of asana alignment.
- Common alignment challenges.
- Verbal cues and demonstrations.
- Understanding body proportions and mobility differences.
- Appropriate modifications and use of props.
- Introduction to hands-on adjustment principles.
- Consent and communication before physical adjustments.
- Recognising when not to adjust a student.
- Safe teaching and injury-prevention awareness.

Module 7: Pranayama and Breathing Techniques

Explore traditional breathing practices and their relationship with awareness, concentration and meditation.

- Introduction to pranayama.
- Breath observation and awareness.
- Puraka, Rechaka and Kumbhaka.
- Traditional pranayama techniques.
- Breathing coordination and posture.
- Introduction to breath retention and its precautions.
- The relationship between breath, attention and mental calm.
- Appropriate practice modifications.
- Safety considerations and contraindications.

Module 8: Meditation and Yoga Nidra

This module explores concentration, mindfulness and relaxation.

- Introduction to meditation.

- Preparation for seated practice.
- Breath-awareness meditation.
- Mantra meditation.
- Concentration and mindfulness.
- Guided relaxation.
- Yoga Nidra principles.
- Developing a regular meditation routine.
- Integrating meditation into yoga classes.

Module 9: Mudras, Bandhas and Shatkarmas

Study traditional yogic techniques and their place within an integrated yoga practice.

- Introduction to mudras.
- Traditional hand and body mudras.
- Introduction to bandhas.
- The relationship between bandhas and pranayama.
- Overview of yogic cleansing practices.
- Traditional principles of shatkarmas.
- Appropriate precautions and contraindications.
- Integrating suitable techniques into practice.

Module 10: Advanced Sequencing and Teaching Methodology

Develop the skills needed to plan, structure and deliver effective yoga classes.

- Principles of class sequencing.
- Structuring warm-up, peak and relaxation phases.
- Sequencing Hatha and Vinyasa classes.
- Integrating pranayama and meditation.
- Adapting sequences to student needs.
- Giving clear verbal instructions.
- Demonstration and observation techniques.
- Managing group classes.
- Developing teaching confidence.
- Practical teaching sessions and feedback.

Module 11: Yoga Therapy and Applied Practice

The course FAQ includes yoga therapy and therapeutic applications as part of the broader curriculum.

- Introduction to yoga as a complementary wellness practice.
- Understanding individual needs and limitations.
- Appropriate selection and modification of asana.

- Breath awareness and relaxation techniques.
- Understanding precautions and contraindications.
- Adapting practices for different abilities.
- Recognising when a student needs medical or specialist support.

Yoga training does not replace clinical qualifications or authorise a teacher to diagnose or treat medical conditions beyond their professional scope.

Module 12: Teaching Practicum and Professional Development

This module brings together practical skills and theoretical learning.

- Planning and presenting a yoga class.
- Demonstrating appropriate postures and transitions.
- Teaching pranayama and meditation.
- Observing students and offering feedback.
- Practising clear instruction and class management.
- Reflecting on teaching performance.
- Understanding professional conduct and student boundaries.
- Developing a personal teaching approach.
- Preparing for independent yoga teaching.

Curriculum note: Modules 1 and 2 reflect the detailed module descriptions on the webpage. The remaining modules organise the subjects listed across the page and its FAQ into a prospectus-friendly structure; confirm the final module breakdown with the academic team before presenting it as the official syllabus.

4. Course duration and batch dates

The course page describes the programme as a 29-day residential training, with 28 nights of accommodation and 25 training days. Sundays are designated rest days.

The page lists the following batches:

Batch	Dates	Status shown on website
October 2026	1–29 October 2026	Limited seats
November 2026	1–29 November 2026	Available
January 2027	1–29 January 2027	Available
March 2027	1–29 March 2027	Available
May 2027	1–29 May 2027	Available

These are the dates shown on the page when retrieved; please reconfirm availability before sending them to students.

Check-in and check-out schedule

- Check-in: 1st of the month at 10:00 AM IST.
- Opening ceremony: 1st of the month at 4:00 PM IST.
- Certification ceremony: 29th of the month at 10:00 AM IST.
- Check-out: 30th of the month at 10:00 AM IST.

The page describes a 29-day course but lists check-out on the 30th. Confirm the exact accommodation nights and dates for each batch before publishing.

5. Daily schedule

The website publishes the following typical residential routine.

Time	Activity
5:30 AM	Morning routine
6:30–7:30 AM	Pranayama and Shatkarmas
7:45–9:00 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
3:00–4:00 PM	Yoga Therapy Practical
4:00–5:00 PM	Yogic Anatomy and Physiology
4:30–5:00 PM	Tea, Coffee or Chai
5:00–6:15 PM	Ashtanga Vinyasa
6:30–7:15 PM	Meditation
7:30–8:30 PM	Dinner
9:30 PM	Night rest

The published schedule overlaps anatomy and physiology with the tea break from 4:30–5:00 PM. Confirm the final timetable with the school.

6. Learning outcomes

By completing the training, students are expected to develop:

- Deeper understanding of yoga philosophy and traditional texts.
- Improved personal practice in Hatha, Ashtanga and Vinyasa Yoga.
- Greater awareness of anatomy, physiology and movement mechanics.
- Improved knowledge of pranayama, meditation and relaxation.

- Understanding of alignment, modifications and adjustment principles.
- Skills in sequencing and planning structured yoga classes.
- Experience in practical teaching and class presentation.
- Greater awareness of student safety and individual needs.
- A foundation for continuing professional development as a yoga teacher.

7. Who can join the course?

This advanced programme is intended for:

- Certified yoga teachers who have completed a 200-hour yoga teacher training.
- Teachers who want to deepen their knowledge of yoga philosophy and practice.
- Practitioners seeking advanced asana, alignment and sequencing education.
- Yoga teachers interested in anatomy, pranayama and meditation.
- Students who want to strengthen their teaching methodology.

Prerequisite: A completed 200-hour teacher training qualification is required according to the course page. Students who trained at another school should confirm that their qualification meets the school's admission requirements.

8. Accommodation and campus facilities

The school describes its residential campus as Rishikesh Sadan, located in Tapovan, Rishikesh.

Room options

- Triple-sharing room.
- Twin-sharing room.
- Private room.
- Tuition-only option for students arranging their own accommodation and meals.

Facilities listed

- Air-conditioned rooms.
- Attached bathroom and hot water.
- Wi-Fi access.
- Daily housekeeping and fresh linen.
- Fresh towels.
- Heater and mountain-view features, as listed for the rooms.
- Rooftop terrace with Himalayan views.
- A secure campus with staff on-site.

- Campus dining facilities.
- Laundry facilities.

The school states that the campus is approximately a five-minute walk from the Ganges and Laxman Jhula Bridge. Confirm room availability and specific amenities for the selected accommodation category.

9. Food and meals

The residential package describes three daily sattvic vegetarian meals.

The published meal information includes:

- Breakfast, lunch and dinner.
- Fresh fruits and salads.
- Seasonal vegetables.
- Rice, roti and whole grains.
- Dal and other legumes.
- Herbal tea and drinking water.
- Vegan and gluten-free options, according to the website.

Students with allergies or special dietary requirements should notify the school in advance and confirm that suitable meals can be provided.

10. Course fees in INR and USD

The official course page lists the following INR prices and advertises US\$749 for triple sharing. The USD figures below for the other room types are approximate estimates calculated using the advertised triple-sharing price ratio; they are not confirmed official USD prices.

Accommodation option	Fee in INR	Approximate fee in USD
Triple sharing	₹67,000	\$749
Twin sharing	₹79,000	\$883
Private room	₹99,000	\$1,107
Without accommodation and meals	₹30,000	\$335

Please confirm the final USD amounts with admissions before publishing or collecting payments. The website's separate seat-reservation store displays different fee and deposit figures, so the checkout amount should be verified as well.

Registration deposit and payment

The course page advertises a seat reservation amount of ₹10,000 / USD \$100. It states that the deposit holds the student's seat and that the remaining balance is paid on arrival, with final fees and room preferences confirmed by admissions.

The separate booking store displays a different deposit and full-course fee. Confirm the applicable amount and payment schedule in writing before asking students to pay.

11. What is included in the residential package?

The course page lists:

- 300 hours of advanced yoga teacher training.
- Instruction by yoga teachers.
- Hatha, Ashtanga, Vinyasa and Iyengar Yoga classes.
- Yoga philosophy.
- Anatomy and physiology.
- Pranayama and meditation.
- Yoga therapy and Ayurveda-related learning.
- Teaching methodology and sequencing workshops.
- Alignment and adjustment training.
- Practical teaching sessions.
- Course manuals and study materials.
- Accommodation for the stated course period.
- Three vegetarian meals daily.
- Herbal tea and filtered drinking water.
- Assessment, mentorship and personalised feedback.
- A course completion certificate upon successful completion.
- Access to an international yoga student community.

The page also describes these special group sessions as included:

- Sound healing.
- Introduction to Reiki.
- Ayurveda session with an Ayurvedic physician.
- Acro Yoga.
- Yoga practice by the Ganges.
- Kirtan and mantra chanting.

Confirm which sessions are scheduled for the selected batch.

12. 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.
- Additional meals, snacks and 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.

Because the page also mentions arrival assistance and complimentary activities, students should confirm precisely which transfers and excursions are included in their package.

13. Special sessions and activities

The website lists the following additional sessions as part of the programme.

Sound healing: A guided group session involving singing bowls and other sound instruments.

Reiki session: An introduction to Reiki and a guided experience described by the school as energy healing.

Ayurveda session: A group session covering constitution, diet, daily routines and the relationship between Ayurveda and yoga.

Acro Yoga: A partner-based practice focused on coordination, communication, balance and strength.

Beach Yoga and Ganges session: Yoga practice on the banks of the Ganges, subject to the course schedule and conditions.

Kirtan and mantra: Group chanting and traditional mantra practice.

These sessions complement the main curriculum but should not be described as separate professional qualifications unless the school confirms that a specific qualification is awarded.

14. Certification and Yoga Alliance registration

The course page describes the award as a 300-Hour Advanced Yoga Teacher Training Certificate issued by Om Yoga International upon successful completion. It also describes the programme as intended to contribute to the RYT 500 pathway when combined with a qualifying RYT 200 credential.

Before publishing certification claims, confirm:

- Om Yoga International's current RYS 300 registration status.
- The exact certificate title and hours stated on the certificate.
- Attendance and assessment requirements.
- Whether the student's previous 200-hour training qualifies for the intended registration pathway.
- The applicable Yoga Alliance requirements at the time of application.

Completion of the course should not be described as automatic individual Yoga Alliance registration.

15. What should students bring?

The website recommends bringing:

- Comfortable yoga clothing.
- A light jacket or shawl.
- 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, a hat and insect repellent, if needed.
- A small daypack.
- An open and willing attitude toward learning.

16. Application and enrolment process

The school describes the following application steps:

1. Complete the application: Submit personal information and course details.
2. Receive confirmation: The admissions team reviews the application and contacts the applicant.
3. Reserve a seat: Pay the confirmed deposit or full course fee.
4. Prepare for arrival: Receive the welcome information and travel guidance before the course starts.

Before payment, students should receive written confirmation of the course dates, room category, total fee, deposit, balance due and cancellation conditions.

17. Cancellation and refund policy

The course page's seat-reservation information should be read alongside the school's full cancellation and refund policy.

Before publishing a definitive policy, confirm:

- Whether the reservation deposit is refundable.
- The cancellation deadline.
- Whether administrative deductions apply.
- The conditions for transferring to another batch.
- How and when refunds are processed.

Do not promise a refund or rescheduling outcome that has not been confirmed in the school's current written policy.

18. Frequently asked questions

Q. How long is the 300-hour yoga teacher training?

The website lists 29 calendar days, including 28 nights of accommodation and 25 training days.

Q. Is prior yoga teacher training required?

Yes. A completed 200-hour teacher training or an equivalent foundation is required according to the course page.

Q. Where is the training conducted?

At Om Yoga International's residential campus in Tapovan, Rishikesh, India.

Q. Which styles of yoga are included?

The published curriculum includes Hatha, Ashtanga, Vinyasa and Iyengar Yoga, along with pranayama, meditation, philosophy and other advanced subjects.

Q. Are accommodation and meals included?

They are listed as part of the residential package. The tuition-only option excludes accommodation and meals.

Q. What certificate will I receive?

The school describes a 300-hour course completion certificate issued by Om Yoga International. Individual Yoga Alliance registration depends on the applicable requirements and the student's prior qualification.

Q. Can I join if I completed my 200-hour course at another school?

The FAQ says students who trained elsewhere can generally apply, subject to the school's eligibility requirements.

Q. Is airport pickup included?

The page mentions arrival assistance, but transfer inclusion should be confirmed with admissions.

19. 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 course page: [300-Hour Advanced Yoga Teacher Training](#)