



Om Yoga International · Tapovan, Rishikesh, India

RYT 500-Hour Complete Yoga Teacher Training



1. Course overview

The RYT 500-Hour Complete Yoga Teacher Training is a comprehensive residential programme in Rishikesh that combines the 200-hour and 300-hour teacher training pathways into one extended course.

The programme blends traditional yogic philosophy and practices with anatomy, physiology, practical asana training and supervised teaching experience. It is intended to develop students' personal practice, theoretical understanding and ability to plan and teach yoga classes.

Programme duration

Approximately 60 calendar days

The website also describes the two training components as 24 days + 29 days = 53 course days.

Training pathway

200-hour + 300-hour training

500 hours total, according to the published programme description.

Location and format

Residential · Tapovan, Rishikesh, India

Classes are conducted in English.

Course level

Beginner to advanced complete pathway

The course page uses this description for the combined programme.

2. What you will learn

The programme covers the following main subject areas:

- Hatha Yoga, Ashtanga Yoga and Vinyasa Flow
- Asana practice, techniques and alignment
- Pranayama and breathing techniques
- Meditation and Yoga Nidra
- Yoga philosophy and classical scriptures
- Anatomy and physiology
- Yoga therapy and applied yoga
- Mudras, bandhas and shatkarmas
- Chakras, nadis and subtle-body concepts
- Yogic diet and healthy living
- Teaching methodology and class sequencing
- Teaching practice and professional development

3. Detailed curriculum

Module 1: Yoga Philosophy and Yoga Practices

Study the foundations of yoga, its traditional principles and its practical application in daily life.

- Meaning, definitions, aims and objectives of yoga.
- Sukshma Vyayama and Sthula Vyayama.
- Principles of asana practice.
- Principles of pranayama, mudras and bandhas.
- Introduction to shatkarmas and yogic cleansing practices.
- Hatha, Ashtanga, Vinyasa, Iyengar and other yoga traditions.
- Yogic diet: sattvic, rajasic and tamasic approaches.
- Healthy living and yogic lifestyle principles.
- Mindfulness and meditation.
- Ethics and responsibilities of yoga teachers.

- Integrating yoga into everyday life.
- Personal growth and self-transformation through yoga.

Module 2: Philosophy and Study of Yoga Texts

Explore classical Indian philosophy and traditional yogic texts to deepen understanding of the principles behind yoga.

- Prasthanatrayi and the principal Upanishads.
- Bhagavad Gita.
- Samkhya philosophy and Yoga Vashistha.
- The six schools of Indian philosophy.
- Vedanta Darshana.
- Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.
- Patanjali's Yoga Sutras.
- The eight limbs of Ashtanga Yoga.
- Hatha Yoga Pradipika.
- Gheranda Samhita and Shiva Samhita.
- Yoga in Jainism and Buddhism.
- Pancha Kosha, nadis and chakras.
- Teachings of influential yoga masters.
- Concepts of consciousness and self-realisation.
- Applying ancient yogic wisdom to modern life.

Module 3: Yoga Anatomy and Physiology

Develop an understanding of the human body and how anatomical and physiological knowledge informs yoga practice and instruction.

- Introduction to human anatomy and physiology.
- Musculoskeletal structure and movement.
- Functional anatomy relevant to asana practice.
- The respiratory system and breathing.
- The circulatory and nervous systems.
- The digestive and other major body systems.
- Common health conditions and their relevance to yoga practice.
- Applied anatomy for yoga teachers.
- Breath, movement and functional awareness.
- Scientific foundations of yoga practice.
- Understanding movement limitations and adapting practices appropriately.

Module 4: Health and Wellness

Explore holistic well-being through yoga, nutrition, rest, mindful living and traditional yogic concepts.

- Concepts of health, wellness and illness.
- The five koshas: Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya.
- Adhi and Vyadhi in yogic understanding.
- Four pillars of yoga: asana, pranayama, relaxation and nutrition.
- Dinacharya and Ritucharya.
- Ahara, Nidra and Brahmacharya.
- The psycho-social environment and its influence on well-being.
- Trigunas, Panch-Kleshas and Taptrayas.
- Panch Prana and the chakra system.
- Yogic principles for healthy living.
- The relationship between body, mind and energy.
- Integrating yogic living into everyday routines.

Module 5: Applied Yoga

Learn how yoga practices may be adapted to support general well-being, movement, stress management and healthy lifestyle habits.

- Yoga for personality development.
- Yogic approaches to stress management.
- Asana, pranayama, meditation and relaxation applications.
- Yoga for arthritis, as listed in the course curriculum.
- Holistic approaches to yoga practice.
- The role of yoga in prevention and health promotion.
- Therapeutic applications of yogic practices.
- Lifestyle modification through yoga.
- Integrative wellness and complementary approaches.
- Building a preventive, health-oriented lifestyle.

Yoga therapy topics are educational. They do not replace diagnosis, treatment or advice from qualified healthcare professionals.

Module 6: Yoga Therapy and Practical Applications

The course page includes yoga therapy practicals and applied therapeutic topics within the broader curriculum.

- Understanding individual needs and practice limitations.
- Selecting suitable asana variations.
- Adapting yoga practices to different abilities.
- Exploring movement, breathing and relaxation approaches.
- Understanding contraindications and safety considerations.
- Using yoga as a complementary wellness practice.
- Developing awareness of when referral to a qualified professional is appropriate.

Module 7: Yoga and Psychology

Explore the relationship between the mind, emotions, behaviour and yogic practices.

- The human psyche and its functions.
- Cognitive processes: perception, attention, memory, learning and thinking.
- Stages and states of consciousness.
- Emotions and physiological responses.
- Yogic perspectives on mental health.
- Awareness of common mental health conditions.
- Yoga, emotional balance and stress reduction.
- The role of family, relationships and social support.
- Stress, thought patterns and behaviour.
- Self-awareness and personal transformation.
- Mindfulness, concentration and emotional intelligence.
- Yoga psychology for holistic well-being.

Module 8: Kundalini Yoga and Subtle Energy

Study traditional concepts of Kundalini Yoga, energy awareness and the subtle-body system.

- Introduction to Kundalini Yoga.
- The seven-chakra system.
- Prana, nadis and subtle energy.
- Yoga practices associated with chakra awareness.
- Mantra, meditation and visualisation.
- Bandhas and mudras in Kundalini practice.
- Traditional approaches associated with Kundalini awakening.
- Cleansing practices and chakra awareness.
- Energy awareness and personal transformation.

These subjects are taught as part of the school's traditional yogic curriculum.

Module 9: Asana Practice and Alignment

Build a strong foundation in posture practice, movement awareness, alignment and safe teaching.

- Definitions, types and categories of asanas.
- Sukshma and Sthula Vyayama.
- Surya Namaskara and Chandra Namaskara.
- Alignment, benefits and contraindications.
- Standing, seated, prone and supine postures.
- Common misalignments and alignment principles.
- Modifications, variations and adjustments.

- Breath awareness during asana practice.
- Safe practice and injury prevention.
- Therapeutic applications of asanas.
- Demonstrating, observing and teaching postures.
- Giving clear instructions and movement cues.

Module 10: Pranayama and Breathing Techniques

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

- Preparation and types of pranayama.
- Puraka (inhalation), Rechaka (exhalation) and Kumbhaka (breath retention).
- Antaranga and Bahiranga Kumbhaka.
- Cleansing and sectional breathing techniques.
- The eight classical kumbhaka practices (Ashta Kumbhakas).
- Physiological and psychological aspects of pranayama.
- The relationship between breath, prana and the mind.
- Therapeutic applications of breathing practices.
- Safety guidelines, precautions and contraindications.

Module 11: Mudras, Bandhas and Shatkarmas

Learn about traditional yogic techniques used alongside asana, pranayama and meditation.

- Introduction to yogic cleansing practices.
- Principles and application of shatkarmas.
- Introduction to mudras and their traditional uses.
- Bandhas and their role in yogic practice.
- The relationship between mudras, bandhas and pranayama.
- Incorporating appropriate techniques into yoga sessions.
- Precautions and safe practice principles.

Module 12: Meditation and Yoga Nidra

Develop concentration, mindfulness and relaxation through a variety of meditation practices.

- Importance and benefits of meditation.
- Meditation guidelines: dos and don'ts.
- Breathing awareness (Anapana Sati).
- Recitation of Om (Pranava) and sacred hymns.
- So-Hum meditation.
- Cyclic meditation.
- Sakriya Dhyana (active meditation).
- Antarmauna (inner silence).

- Mantra meditation and sound healing.
- Yoga Nidra, Level 1 and Level 2.
- Chakra meditation.
- Dynamic meditation.
- Self-surrender and Trataka.
- Integrating meditation into daily life.

The modules above follow the subject headings and topics published on the official course page.

4. Teaching methodology and practical training

The programme includes teaching methodology, sequencing workshops and practical teaching sessions. These help students move from learning yoga for personal development to understanding how to guide other practitioners.

Key areas include:

- Planning and structuring yoga classes.
- Sequencing asana, pranayama and meditation.
- Giving clear verbal instructions and demonstrations.
- Understanding alignment, adjustments and modifications.
- Observing students and offering appropriate feedback.
- Developing confidence in leading group classes.
- Practising teaching under instructor supervision.
- Reviewing and improving teaching skills.
- Understanding professional ethics and responsibilities.

5. Course benefits

According to the course page, students can expect the following learning opportunities:

- Experienced teachers: Learn from instructors with experience in yoga teaching and philosophy.
- Traditional yoga education: Study classical yogic teachings and practices.
- Scientific understanding: Explore anatomy and physiology alongside traditional yoga.
- Small-group learning: The website states that batches typically have 12–15 students.
- Practical teaching experience: Participate in teaching practice and receive feedback.
- International student community: Study alongside students from different backgrounds.
- Post-course support: The school describes ongoing teaching guidance, career support and alumni connections.

6. Sample daily schedule

The course page publishes the following typical residential timetable.

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 has an overlap between anatomy and physiology and the tea break from 4:30–5:00 PM. Confirm the final timetable with the school before including it as a fixed schedule in a prospectus.

7. Course dates and timeline

The website lists these residential batches:

Batch	Dates	Published status
October–November 2026	1 October–29 November 2026	Admissions closed
December 2026–January 2027	1 December 2026–29 January 2027	
February–March 2027	1 February–29 March 2027	
April–May 2027	1 April–29 May 2027	
June–July 2027	1 June–29 July 2027	

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: 28th of the following month at 10:00 AM IST.
- Check-out: 29th of the following month at 10:00 AM IST.

The website describes the residential duration as approximately 60 calendar days, but elsewhere states that the 200-hour and 300-hour components total 53 course days. Clarify the official duration and training-hour calculation before publishing a final version.

8. Certification

The course page states that successful students receive an RYT 500-Hour Complete Yoga Teacher Training Certificate issued by Om Yoga International.

The page describes the certificate as:

- Printed and signed by the lead trainer.
- Issued with the Om Yoga International school seal.
- Intended to support eligible graduates seeking Yoga Alliance registration.

- Valid for the lifetime of the certificate, according to the school's published description.

Important certification clarification: Completing the programme and receiving the school's certificate should not be described as automatic individual registration with Yoga Alliance. Confirm the school's current RYS 500 registration and the exact eligibility requirements applicable to each student before promising a particular registration outcome.

9. Accommodation and campus facilities

The school describes its residential campus as being in Tapovan, Rishikesh, with accommodation designed to support students throughout the training.

Room options

- Triple-sharing room.
- Twin-sharing room.
- Private room.
- Quad sharing is listed as available for female students only.

Room facilities

- Air conditioning.
- Attached bathroom and hot water.
- Wi-Fi access.
- Daily housekeeping and fresh linen.
- Comfortable beds and private washroom facilities according to room type.
- Heater and mountain-view features listed for selected rooms.
- A secure campus with staff on-site.
- Laundry facilities.
- Rooftop terrace with Himalayan views.

The website states that the campus is approximately a five-minute walk from the Ganges and Laxman Jhula Bridge. Confirm the exact accommodation and facilities associated with each selected room.

10. Food and meals

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

The published food information includes:

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

The website also states that vegan and gluten-free options are available. Students with specific dietary requirements should confirm their needs with the school in advance.

11. What is included in the course fee?

The website lists the following inclusions:

- 500-hour yoga teacher training programme.
- Instruction from experienced yoga teachers.
- Hatha, Ashtanga, Vinyasa and Iyengar Yoga classes.
- Yoga philosophy and anatomy training.
- 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.
- Residential accommodation for the course duration.
- Three vegetarian meals daily.
- Herbal tea and filtered drinking water.
- Assessment, mentorship and personalised feedback.
- Certificate upon successful completion.
- Access to a supportive yoga community.

Additional sessions listed on the website

The page also describes the following group sessions as included:

- Sound healing.
- Introduction to Reiki.
- Ayurveda session with an Ayurvedic physician.
- Acro Yoga session.

Confirm the dates and availability of these additional sessions with admissions.

12. Complimentary pickup and sightseeing

The course page lists complimentary pickup from the following locations:

- Dehradun Airport (Jolly Grant Airport).
- Haridwar Railway Station.
- Haridwar Bus Stand.
- Rishikesh Railway Station.
- Rishikesh Bus Stand.

It also lists Rishikesh sightseeing, including:

- Ram Jhula and Lakshman Jhula.
- Ganga Aarti at Triveni Ghat.
- Parmarth Niketan.
- Swarg Ashram.
- Ganga riverside walk.
- Local Rishikesh market.
- Neer Garh Waterfall.

13. Course fees and accommodation options

The course page currently displays the following amounts:

Reservation deposit

- Register Now – Pay Only \$100 / ₹10,000
- Registration Fee – Fully Adjusted in Your Course Fee.
- Booking fees are non-refundable. Course dates can be changed by informing us at least 30 days before the course starts.

14. What is not included?

The course page lists the following as excluded or potentially additional expenses:

- Domestic or international airfare.
- Visa fees and travel documents.
- Travel and medical insurance.
- Airport transfers unless specifically stated.
- Personal expenses and shopping.
- Laundry services.
- Additional 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.

Confirm any exceptions with admissions before payment.

15. What should students bring?

The website recommends bringing:

- Comfortable yoga clothing.
- A light jacket or shawl for mornings and evenings.
- Personal toiletries and hygiene essentials.
- A reusable water bottle.
- Notebook and pens.
- Personal medications and basic first-aid items.
- Valid passport, visa and travel documents for international students.
- Comfortable walking shoes or sandals.
- Sunscreen, a hat and insect repellent, if needed.
- A small daypack.
- A willingness to learn and participate.

16. Who is this course suitable for?

The school describes the programme as a complete pathway from beginner to advanced. It may appeal to:

- Students seeking a comprehensive yoga teacher training experience.
- Practitioners who want to develop their personal yoga practice.
- Aspiring yoga teachers who want structured teaching practice.
- Students interested in traditional yoga philosophy and meditation.
- Practitioners seeking deeper knowledge of anatomy and alignment.
- Students interested in pranayama, subtle-body concepts and yogic lifestyle.
- Those looking for a residential learning experience in Rishikesh.

Confirm any formal entry requirements with admissions before enrolment.

17. Cancellation and refund policy

- Register Now — Pay Only \$100 / ₹10,000
- Registration Fee — Fully Adjusted in Your Course Fee.
- Booking fees are non-refundable. Course dates can be changed by informing us at least 30 days before the course starts.

Before publishing a complete policy, confirm how this provision relates to the school's general terms and conditions, including any restrictions, deductions or exceptions.

18. Student assessment and completion

The course page states that certification is awarded upon successful completion of all course requirements and lists assessment, mentorship and personalised feedback among the inclusions.

Rishikesh, India

For a final prospectus, the school should specify its actual completion criteria, such as:

- Attendance requirements.
- Practical participation.
- Teaching practicum.
- Any written or practical assessment.
- Outstanding coursework, if applicable.
- Requirements for receiving the final certificate.

These details should be confirmed with the school's academic team rather than assumed.

19. Frequently asked questions

Q. How long is the RYT 500 course?

The website describes it as approximately 60 calendar days, with the 200-hour and 300-hour components taught consecutively. The exact training-day count should be confirmed.

Q. Where is the course held?

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

Q. What styles of yoga are taught?

The published curriculum includes Hatha, Ashtanga, Vinyasa and Iyengar Yoga, alongside pranayama, meditation and other traditional subjects.

Q. Are accommodation and meals included?

They are listed as included in the residential package. Students can choose from the advertised room options, subject to availability.

Q. Is airport pickup included?

The course page lists complimentary pickup points, but the final transfer arrangements should be confirmed with admissions.

Q. What certificate do students receive?

The school describes an RYT 500-hour certificate issued by Om Yoga International following successful completion. Individual Yoga Alliance registration is subject to applicable requirements.

Q. Can students join without accommodation?

Yes. The website lists a tuition-and-materials-only option for students who arrange their own accommodation and meals.

Q. What is the reservation deposit?

RYT 500-Hour Complete Yoga Teacher Training – Course Fees

Duration: 60 Days | Residential Yoga Teacher Training

Course Fees in INR and USD

Accommodation Type	Fees (INR)	Fees (USD)
Triple Sharing Room	₹1,30,000	\$1,399
Twin Sharing Room	₹1,54,000	\$1,659*
Private Room	₹2,05,000	\$2,209*
Without Accommodation & Meals	₹55,000	\$599*

Fees Include

- 500-hour complete yoga teacher training.
- Accommodation in the selected room category (residential packages).
- Three daily sattvic vegetarian meals (residential packages).
- Yoga classes, practical sessions and study materials.
- Course completion certificate, subject to requirements.
- Wi-Fi and campus facilities.

Registration and Payment

Seat reservation: ₹10,000 / \$100, as shown in the booking section of the course page. The reservation amount is adjusted against the total course fee.

Remaining balance: Payable upon arrival unless otherwise agreed with admissions

20. Contact details

Om Yoga International

- Address: Om Yoga International, Tapovan, Rishikesh, Uttarakhand 249192, India.
- Phone: +91 7060004944
- Email: info@omyogainternational.com
- Official course page: [RYT 500-Hour Complete Yoga Teacher Training](#)