



RYT- 200

Teacher Training

A comprehensive, in-person 200-hour Yoga Teacher Training Course designed for aspiring instructors to deepen their practice, master traditional yoga, and gain internationally recognised certification. At our Rishikesh centre.



Private Room:	\$ 1087/	₹ 99,000
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Twin Sharing:	\$ 805/	₹ 77,000
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Triple Sharing:	\$ 719/	₹ 67,000
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200hrs
YTTC

24 Days
PROGRAMME

12 Module RYT 200



PROGRAMME OVERVIEW

A transformative **in-person** residency.

Embark on a transformative journey with Om Yoga International's comprehensive in-person RYT200-hour Yoga Teacher Training Course. This 24-day residency is designed for aspiring instructors to deepen their practice and gain a thorough understanding of traditional yoga.

200 In-person at Rishikesh	24 Days Intensive programme	12 MODULES Comprehensive curriculum	RYS 200^{ACCREDITED} Yoga Alliance USA
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01

Official Accreditation

Fully certified by Yoga Alliance (RYS 200), the global standard for yoga teacher training.

02

Total Duration

24 Days / 200 Hours of in-person training at our Rishikesh centre, with three meals daily included.

03

Comprehensive Curriculum

12 modules covering Philosophy, Anatomy, Asanas, Pranayama, Meditation, Teaching Methodology and more.

04

Professional Certification

Graduates are eligible to register with Yoga Alliance as RYT 200, teach professionally worldwide.



BATCH SCHEDULE

Five cohorts. **Your** seat at our Rishikesh centre.

Month-long residencies running every other month through 2026 and 2027. Each batch runs from the 1st to the 24th. Reserve your spot early.

BATCH	DATES	STATUS
September 2026	01 Sept – 24 Aug 2026	Open
October 2026	01 Oct – 24 Oct 2026	Open
December 2026	01 Dec – 24 Dec 2026	Open
February 2027	01 Feb – 24 Feb 2027	Open
April 2027	01 Apr – 24 Apr 2027	Open

DURATION 24 Days / 200 Hours	FORMAT In-Person	LOCATION Rishikesh, India
MEALS 3 Daily Included	LANGUAGE English	COHORT SIZE 15 to 17 Students

WHAT'S INCLUDED

Your RYT 200 enrolment includes

- Yoga Alliance RYS200 & YACEP certified
- Lifetime valid certification & RYT 200 registration
- Eligible for beginners, no prior certification required
- 24 nights of stay and 3 meals daily (per accommodation tier)
- Comprehensive course manual & study materials
- Lifetime instructor support & alumni community



DAILY SCHEDULE AT OUR RISHIKESH CENTRE

A typical **day** in residency.

An immersive day balancing pranayama and asana, anatomy and philosophy, alignment and meditation. Three meals are included.

06:30 – 07:30 AM	Shatkarmas & Pranayama	BREATH
07:45 – 09:00 AM	Hatha Yoga	ASANA
09:00 – 10:00 AM	Breakfast	MEAL
10:30 – 11:30 AM	Yoga Philosophy	THEORY
11:45 – 12:45 PM	Alignment, Adjustment & Teaching Methodology	METHOD
01:00 – 02:00 PM	Lunch	MEAL
03:30 – 04:30 PM	Yogic Anatomy & Physiology	THEORY
04:30 – 05:00 PM	Tea / Coffee / Chai	BREAK
05:00 – 06:15 PM	Ashtanga Vinyasa	ASANA
06:30 – 07:15 PM	Meditation Session	STILLNESS
07:30 – 08:30 PM	Dinner	MEAL

Six days a week. Sundays are free for excursions, journaling, and rest. Hours may shift slightly during student presentations and graduation ceremonies.

INSIDE OUR RISHIKESH CENTRE

A glimpse of **your stay**.

From the practice hall to the rooms, the corridors and the Himalayan foothills outside the window —a sense of where you will live, learn and rest for the next 24 days.

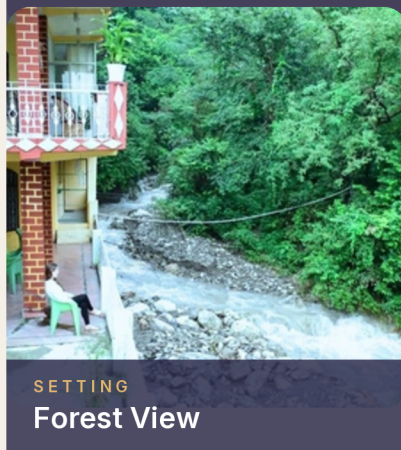
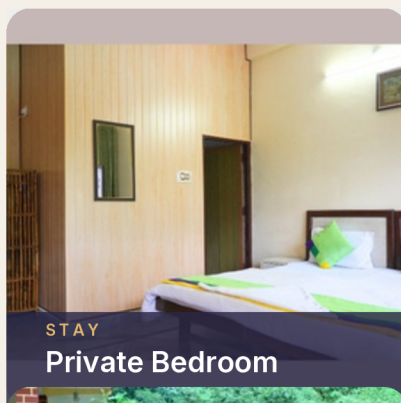


Photo credit: Om Yoga International, Tapovan, Rishikesh. Rooms shown reflect the Twin Sharing tier — Private and Triple tiers are also available.



CURRICULUM · 12 MODULES · PART ONE

Philosophy, anatomy & **practice.**

Modules 1 to 6. Building the foundation of your understanding and practice.

01

Philosophy: Study of Yoga Texts

Study foundational texts including the Yoga Sutras of Patanjali and Bhagavad Gita. Explore the origin and history of yoga, foundational concepts like Pancha Kosha (Five Sheaths), Nadis, and Chakras.

02

Philosophy: Yoga and Yoga Practices

The principles of Hatha, Vinyasa, and Ashtanga yoga, along with yogic diet and lifestyle guidelines for a holistic approach to wellbeing.

03

Anatomy and Physiology

Understand human body systems, biomechanics, and the physiology of breathing. Gain a deep understanding of the body and the biomechanics of movement to ensure safe and effective yoga practice.

04

Asana Practice & Alignment

Master the alignment, benefits, and modifications for standing, seated, prone, supine and restorative poses. Learn Traditional Hatha, Ashtanga, Vinyasa Flow, and Restorative Yoga.

05

Pranayama (Breathing Techniques)

Learn essential breathing techniques including Ujjayi, Nadi Shodhana, Ashta Kumbhakas, and more, to control and balance vital energy and regulate the nervous system.

06

Meditation & Mindfulness Practices

Cultivate mindfulness through Yog Nidra, Antarmuna, So-Hum Meditation, chanting, and Cyclic Meditation. Develop a sustainable personal meditation practice.



CURRICULUM · 12 MODULES · PART TWO

The craft of **teaching.**

Modules 7 to 12. Subtle energy work, sequencing, methodology and the business of yoga.

07

Bandhas & Mudras

Discover the significance and application of energy locks (Bandhas) and hand gestures (Mudras) in yoga. Learn how these practices direct and amplify prana in the body.

08

Shatkarmas: Cleansing Practices

Learn traditional yogic cleansing techniques including Neti, Kapalabhati, and related Shatkarmas to purify the body, improve energy flow, and prepare for deeper practice.

09

Sequencing & Class Planning

Acquire the skills to design balanced, effective sequences and class plans for different skill levels, intentions, and formats, from beginner to advanced practitioners.

10

Teaching Methodology & Communication

Develop your teaching voice, learn clear verbal cueing, and master the art of safe physical and verbal adjustments. Find your identity as a confident, effective yoga teacher.

11

Self-Practice & Assignments

Deepen your personal practice and gain real teaching confidence through practical teaching assignments, peer feedback, and supervised class delivery.

12

Business of Yoga & Career Development

Gain essential insights into marketing, networking, and managing the logistics of a sustainable yoga teaching career.

SAMPLE COPY





WHAT YOU'LL LEARN

Five areas of mastery.

The full scope of what you'll explore, practice, and refine over 30 days.

01

Yoga Philosophy

Explore the origin and history of yoga. Study key texts including the Yoga Sutras of Patanjali, Bhagavad Gita, and Hatha Yoga Pradipika. Learn foundational concepts like the Pancha Kosha, Nadis, and Chakras.

02

Anatomy, Asana & Alignment

Gain a deep understanding of the human body and the biomechanics of movement. Master proper alignment, benefits, and contraindications for a wide range of asanas across Hatha, Ashtanga, Vinyasa Flow and Restorative.

03

Pranayama, Meditation & Cleansing

Learn the theory and practice of Pranayama including Ashta Kumbhakas. Be guided through Shatkarmas (Neti, Kapalbhathi) as well as powerful meditation practices, Yog Nidra, Antarmuna, and So-Hum Meditation.

04

Teaching Methodology

Find your voice as a teacher. Learn sequencing a balanced class, giving clear verbal cues, and offering safe, effective adjustments. Get practical teaching experience with constructive feedback from faculty.

05

Business of Yoga

Prepare for a successful career. Covers marketing strategies, networking within the yoga community, and the logistics of building a sustainable yoga teaching career.

Upon graduation, you'll be qualified to

- Teach yoga professionally in studios, retreats, or wellness centres worldwide
- Register as RYT 200 with Yoga Alliance USA, globally recognised
- Design and sequence balanced classes for all levels and formats
- Teach Traditional Hatha, Ashtanga, Vinyasa, and Restorative Yoga
- Guide students through pranayama, meditation, and cleansing practices
- Build and manage a sustainable, professional yoga teaching career

MEET YOUR EXPERT INSTRUCTORS

Masters, doctors & practitioners.

Our faculty bring together experienced yogamasters, medical doctors and Āyurvedic specialists, all based in Rishikesh, the world capital of yoga.



Mr. Radhika Sharan

FOUNDER OYI & LEAD
TRAINER / PRANAYAMA &
MEDITATION



Ruchika Sharan

CO-FOUNDER, OYI /
LEAD TRAINER FOR THE
COURSE



Dr. Anu Antony

ĀYURVEDA, ANATOMY &
PHYSIOLOGY



Danish Walia

ĀSANAS & PRANAYAMA



Ajay Sharma

HATHA & ASHTANGA
VINYASA



Rohit Pillai

ĀSANAS & PRANAYAMA
TRAINER

YOUR CERTIFICATION

200-hour Certified Yoga Instructor

Upon successful completion, you will receive a certificate from Om Yoga International qualifying you as a 200-hour Certified Yoga Instructor. This certificate is accredited by Yoga Alliance under RYT 200, allowing you to register as a Registered Yoga Teacher and teach globally.



WHY OM YOGA INTERNATIONAL

Why choose **us**.

Established in 2010 in Tapovan, Rishikesh - the recognised birthplace of modern yoga. A dedicated, experienced team and a single intent: to train teachers who can hold a yoga room with confidence and care.

01

International Accreditation

YogaAlliance RYS 200 & YACEP credentials. Teach professionally in any country.

02

Experienced Faculty

Senior yoga masters, an Ayurvedic doctor, and dedicated trainers across asana, pranayama and methodology.

03

Intimate Cohorts

15 to 20 students per batch. Individual attention, real feedback on technique and teaching.

04

Stay & Meals Included

24 nights of accommodation in your selected tier with three nourishing sattvic meals daily.

05

Rishikesh Setting

Train in the Himalayan foothills, on the banks of the Ganga, in the heart of the yoga capital of the world.

06

Lifetime Alumni

Ongoing instructor support and an active alumni network long after graduation.



RYT 200



08 / GET IN TOUCH

Ready to begin? Reach out today.

Your batch dates, fees, daily schedule, and accommodation options are detailed earlier in this brochure. To reserve a seat, request a callback, or ask any question, contact us through the channels below. Limited seats per batch.

CALL / WHATSAPP
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directly

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info@omyogainternational.com

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VISIT US

Om Yoga International
Tapovan, Rishikesh, Uttarakhand, India

Wishing you all the very best for future endeavours.

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(USD)



Registration & Payment
(INR)

