

Om Yoga
International
RISHIKESH,
INDIA



ESTABLISHED
2010

PROSPECTUS 2026 / 2027

RYT- 300

Teacher Training

An advanced

Yoga Therapy course.



An intensive 30-day in-person teacher training designed to transition experienced yoga teachers into qualified yoga therapists, mastering holistic, individualised healing.

30 Days
RESIDENCY

12 Mod
CURRICULUM DEPTH

Full Day

Dual
IYO



PROGRAMME OVERVIEW

The next stage of your **yoga** journey.

This advanced programme is a unique, intensive training designed to transition experienced yoga teachers into qualified yoga therapists. Move beyond general group classes and master the science of holistic, individualised healing.

This course provides a rare dual certification: the internationally recognised RYT 300 from Yoga Alliance and the prestigious IYO Yoga Therapist Certification from the Yoga Certification Board, Ministry of AYUSH, Government of India.

30_{DAYS} Full residential immersion	Ful Day DAILY PRACTICE 06:30 AM to 08:30PM	12 MODULES Comprehensive curriculum	Dual CERTIFICATIONS Yoga Alliance & Govt. of India
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A full day weaves together the four arms of a clinical training: Pranayama and Hatha Yoga in the morning, Philosophy, Anatomy and Teaching Methodology mid-day, Yoga Therapy Practical in the afternoon, Ashtanga Vinyasa and Meditation in the evening.

By the end of 30 days, you'll be qualified to work one-on-one with clients managing chronic pain, illness and mental health conditions, and to build a professional yoga therapy practice.

What sets this programme apart

- Dual certification: Yoga Alliance RYT 300 + Govt. of India IYO Yoga Therapist
- Faculty includes medical doctors & Āyurvedic specialists
- Clinical focus on real client conditions
- 30 nights of stay with three meals daily included
- Lifetime mentorship after graduation



THIS PROGRAMME IS DESIGNED FOR

Who this **training** is for.

Four kinds of practitioners who are ready to move from group teaching into clinical, individualised work.

01

RYT 200 Graduates

Seeking a globally recognised certification with a specialised, clinical focus.

02

Yoga Teachers

Who want to confidently and safely work one-on-one with clients managing chronic pain, illness, or mental health challenges.

03

Aspiring Therapists

Who want to understand the body's 11 systems and apply yogic principles to restore health.

04

Wellness Professionals

Physiotherapists, counsellors, and others who wish to integrate certified yoga therapy techniques into their existing practice.



DAILY SCHEDULE AT OUR RISHIKESH CENTRE

A typical **day** in residency.

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

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

DURATION

1 Month (30 Days)

FORMAT

**In-Person
Residency**

PREREQUISITE

**200-Hour YTTC
or equivalent**



BATCH SCHEDULE & INVESTMENT

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

Month-long residencies running every other month through 2026 and 2027.
Reserve your batch.

BATCH & DATES	FEE (USD)	FEE (INR)
September 2026	01 Sep – 30 Sep 2026	Open
November 2026	01 Nov – 30 Nov 2026	Open
January 2027	01 Jan – 30 Jan 2027	Open
March 2027	01 Mar – 30 Mar 2027	Open
May 2027	01 May – 30 May 2027	Open

INVESTMENT BY ACCOMMODATION		
ACCOMMODATION	USD	INR
Private Room	\$ 1259	INR 1,18,000
Twin Sharing	\$ 999	INR 94,000
Triple Sharing	\$ 899	INR 85,000
Without Accommodation & Food	\$ 500	INR 47,000
All tiers include dual certification (RYT 300 with Yoga Alliance USA & IYO Yoga Therapist with Govt. of India), full course manual, study materials, lifetime support and (per tier) 30 nights of accommodation with three sattvic meals daily.		



FOUNDATIONAL PRINCIPLES

Three pillars of **yoga therapy**.

The training rests on three integrated bodies of knowledge: the modern, the philosophical, and the traditional.

i

MODERN

Advanced Anatomy & Physiology

In-depth study of all 11 body systems (Musculoskeletal, Nervous, Endocrine, Cardiovascular, etc.) and their relevance in yoga therapy.

Applied Yogic Philosophy: Go beyond theory to understand the therapeutic application of key texts in clinical practice.

ii

PHILOSOPHICAL

Patañjali Yog Sūtras & Integrated Health Model

Master the Kleshas (afflictions) and the model of the mind as applied to therapeutic yoga.

Integrated Health Model: Core principles of Āyurveda (Doshas), Naturopathy, Pañchakoshas, and the role of Yogic Diet (Āhāra).

iii

TRADITIONAL

Bhagavad Gītā & Yog Vasiṣṭha

Study psychotherapy concepts and the role of positive attitude in healing and mental wellbeing.

Yog Vasiṣṭha: Understand the yogic concept of Prāṇa and the profound mind-body-spirit connection.



ADVANCED PRACTICAL SKILLS

Clinical depth in **practice.**

Five areas of advanced practice that turn group-class teachers into one-on-one therapists.

01 Advanced Hatha & Ashtanga Practices

Master Shatkriyās (cleansing), Sthūla & Sūkshma Vyāyāma (subtle and gross exercises), and advanced Āsanās with alignment corrections.

02 Prescriptive Techniques

Learn to use specific practices for targeted therapeutic outcomes, matching the practice to the condition.

03 Advanced Pranayama

Regulate the nervous system, manage stress, and promote deep relaxation through advanced breathwork.

04 Restorative Yoga & Yoga Nidra

Powerful tools to treat trauma, anxiety, and release emotional blockages at a deep physiological level.

05 Bandhas, Mudrās & Meditation

Apply advanced techniques for energetic and psychological healing across a range of conditions.



MANAGING SPECIFIC CONDITIONS

Conditions a **yoga therapist** can address.

Graduates of the Yoga Therapy TTC are trained to design personalised yoga therapy programmes for a wide range of conditions.

I · BODY

Musculoskeletal

Backpain, sciatica, arthritis, joint disorders, post-surgical rehabilitation.

II · SYSTEMS

Systemic & Metabolic

Cardiovascular disorders, hypertension, respiratory disorders, diabetes, endocrine imbalances.

III · MIND

Psychological & Neurological

Stress, anxiety, depression, PTSD, multiple sclerosis, Parkinson's disease.

IV · LIFECYCLE

Specialised Areas

Digestive disorders, weight management, obstetric & gynaecological issues, old-age-related disorders.



CURRICULUM · 8 CORE MODULES

Eight modules, **one** complete therapist.

The full curriculum at a glance. Each module integrates theory, practice and clinical application.

01

Philosophy: Foundation of Yoga

- Patañjali Yog Sūtras & Kleshas (afflictions)
- Yog Vasiṣṭha & the mind-body connection
- Bhagavad Gītā & psychotherapy concepts
- Applied yogic philosophy for therapeutic use

02

Yoga Therapy in Traditional Texts

- Āyurveda: Doshas & Dhātus
- Ādhi & Vyādhi, disease from a yogic lens
- Naturopathy principles & yogic health models
- Pañchakoshas & the role of Yogic Diet

03

Anatomy & Physiology

- All 11 body systems in clinical depth
- Cardiovascular, respiratory & digestive systems
- Musculoskeletal, nervous & endocrine systems
- Biomechanics of āsanās & alignment science

04

Yogic Therapeutic Management

- Client assessment & intake protocols
- Designing personalised therapeutic programmes
- Prescriptive yoga for specific disorders
- Case study methodology & documentation

05

Hatha & Ashtanga Yoga Practices

- Shatkriyās (cleansing practices)
- Advanced āsanās with alignment corrections
- Sthūla & Sūkshma Vyāyāma exercises
- Ashtanga Vinyasa methodology

06

Practical — Including Yoga Counselling

- Advanced pranayama for nervous system regulation
- Bandhas, Mudrās & Meditation
- Restorative Yoga & Yoga Nidrā
- Yoga Counselling & therapeutic communication

07

Assessment Skills

- Physiological measurements & clinical testing
- Yogic diagnostic principles
- Muscle strength & flexibility assessment
- Documentation & progress tracking

08

Teaching Methodology (Therapist Focus)

- Therapist ethics, boundaries & confidentiality
- Creating a therapeutic manual for clients
- Counselling the patient & program design
- Building a professional therapy practice



THE PROFESSIONAL SKILLS & OUTCOMES

The skills of a **practising** therapist.

Three pillars that turn knowledge into a real, ethical, sustainable practice.

01

Assessment & Diagnosis

Learn objective assessment skills including physiological measurements, testing muscle strength and flexibility, and understanding the biomechanics of āsanās from a clinical perspective.

02

Counselling & Programme Design

Master the art of client intake, counselling the patient, diagnosing the problem from a yogic perspective, and creating a proper therapeutic manual tailored to each individual.

03

Professional Ethics

Understand the critical importance of boundaries, confidentiality, and the therapist-client relationship, as well as self-care practices to prevent professional burnout.



WHAT YOU WILL BE QUALIFIED TO DO

After the **training**.

A complete clinical practice plus international and Government of India recognition.

Upon graduation, you'll be able to

- Work one-on-one with clients managing chronic pain, illness or mental health conditions
- Design comprehensive, personalised yoga therapy programmes for specific health conditions
- Assess clients using physiological measurements and yogic diagnostic principles
- Register as IYO Yoga Therapist, nationally recognised by Govt. of India
- Practise as a certified IYO Yoga Therapist, Govt. of India recognition
- Build and run a professional yoga therapy practice at a clinic or wellness centre

Sample Copy





YOUR DUAL CERTIFICATION

Two credentials, **recognised** worldwide.

Upon successful completion, you receive a certificate from Om Yoga International qualifying you as a 300-hour Yoga Therapy Teacher. The certificate is accredited by Yoga Alliance under RYT 300 and recognised as IYO Yoga Therapist by the Yoga Certification Board, Ministry of AYUSH, Government of India.



RYT 300

YOGA ALLIANCE USA

Registered Yoga Teacher,
internationally recognised standard.
Register and teach professionally
worldwide.



IYO Yoga Therapist

GOVT. OF INDIA · MINISTRY OF
AYUSH

International Yoga Organisation. Yoga
Certification Board recognition.
Practise as a certified yoga therapist.

TWIN REGISTRATIONS

RYT 300 with Yoga Alliance USA · IYO Yoga Therapist, Ministry of AYUSH,
Govt. of India.



MEET YOUR EXPERT INSTRUCTORS

Masters, doctors & **practitioners.**

Our faculty brings together experienced yoga masters, medical doctors and

Ayurvedic specialists, all based in Rishikesh, the world capital of yoga.



**Mr. Radhika
Sharan**

FOUNDER OYI&LEAD
TRAINER· PRANAYAMA
& MEDITATION



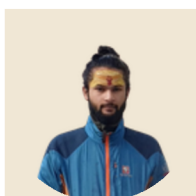
**Ruchika
Sharan**

CO-FOUNDER, OYI ·
LEADTRAINERFOR THE
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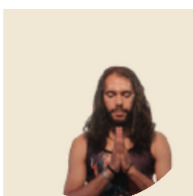
**Dr. Anu
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AYURVEDA, ANATOMY &
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Danish Walia

ASANAS & PRANAYAMA



**Ajay
Sharma**

HATHA & ASHTANGA
VINYASA



**Rohit
Pillai**

ASANAS & PRANAYAMA
TRAINER

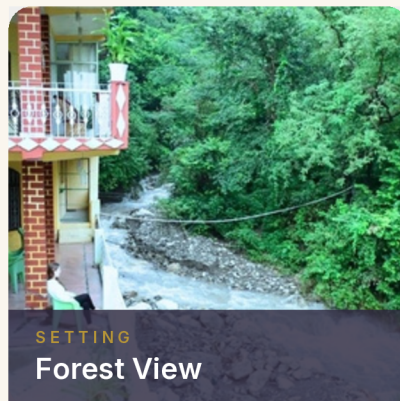
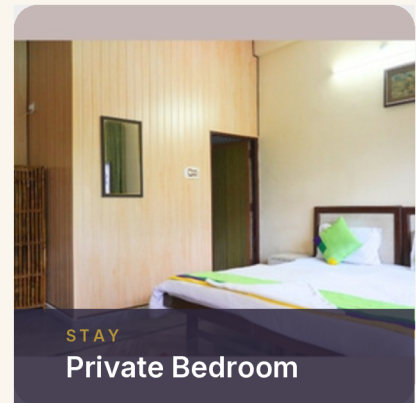


INSIDE OUR RISHIKESH CENTRE

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 your 30-day residency.





READY TO BEGIN

Reach out, **any way you like.**

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

CALL / WHATSAPP

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