



PROSPECTUS 2026 / 2027 · OFFLINE · RESIDENTIAL

RYT 500

Yoga Teacher Training



RYT200 Foundation + RYT 300 Advanced Yoga Therapy. A complete 53-day in-person residential journey at our Rishikesh centre, taking you from aspiring teacher to certified yoga therapist.

RYT
500 Hrs

53
Days

20
Module

Dual
I Y O

RESIDENCY



PROGRAMME OVERVIEW

RYT 200 + RYT 300 = RYT 500.

The Om Yoga International RYT 500 is a single, unified offline programme that combines a 200-hour Foundation Course (First 24 Days) and a 300-hour Advanced Yoga Therapy Course (Second 29 Days) into one seamless 60-day residency, from aspiring teacher to certified yoga therapist.

RYT 500 provides a rare dual certification: the internationally recognised RYT 500 from Yoga Alliance (RYS 200 + RYS 300) and the prestigious IYO Yoga Therapist Certification from the Yoga Certification Board, Ministry of AYUSH, Government of India.

53 DAYS Full residential immersion	500 200 foundation + 300 advanced	20 MODULES 12 RYT 200 & 8 RYT 300	Dual Yoga Alliance RYT 500 & Govt. of India IYO
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The first 30 days build the fluent teacher. The next 30 days build the therapist. Each module is complete in itself; together they form the RYT 500. 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 53 days, you will have the skills, knowledge and official certification to teach yoga professionally and to practise as a yoga therapist anywhere in the world.

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
- 53 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	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
03:00 – 04:00 PM	Yoga Therapy Practical	THERAPY
04:00 – 05:00 PM	Yogic Anatomy & Physiology	THEORY
05:00 – 05:30 PM	Tea / Coffee / Chai	BREAK
05:30 – 06:30 PM	Ashtanga Vinyasa	ASANA
06:30 – 07:15 PM	Meditation Session	STILLNESS
07:30 – 08:30 PM	Dinner	MEAL

DURATION

53Days 500hours

FORMAT

**In-Person
Residency**

PREREQUISITE

**None for RYT
500 (start at
200)**



LOGISTICS & INVESTMENT

Rolling enrolment. **Your** seat at our Rishikesh centre.

The 53-day RYT500 begins on the 1st of each month at our Rishikesh centre, with intakes scheduled across 2026 and 2027. Contact us for current available dates; seats are confirmed on a rolling basis.

DURATION & SCHEDULE

53 Days · 500 Hours

First 24 days: RYT 200 Foundation.
 Next 29 days: RYT 300 Advanced Yoga Therapy.
 Daily practice 06:30 AM to 08:30 PM
 with three meals included.

INTAKE & PREREQUISITES

Open to all aspirants

No prior certification required to begin the RYT 200 module. The RYT 300 module follows directly within the same residency. English & Hindi instruction.

INVESTMENT BY ACCOMMODATION

ACCOMMODATION	INR	USD	EURO
Private Room	INR 229000	\$ 2489	EUR 2189
Twin Sharing	INR 175000	\$ 1919	EUR 1689
Triple Sharing	INR 165000	\$ 1699	EUR 1499
Without Accommodation & Food	INR 85000	\$ 900	EUR 799

All tiers include full RYT 500 dual certification (RYT 500 with Yoga Alliance USA + IYO Yoga Therapist with Govt. of India), course manuals, study materials, lifetime support and (per tier) 60 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 Nidrā

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 Nidra
- 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 of all 500 hours, you receive a certificate from Om Yoga International qualifying you as a 500-hour Certified Yoga Instructor and Yoga Therapist. Your certifications are accredited by Yoga Alliance (RYT 500) and recognised as IYO Yoga Therapist by the Yoga Certification Board, Ministry of AYUSH, Government of India.



RYT 500

YOGA ALLIANCE USA

Registered Yoga Teacher at the 500-hour level (RYS 200 + RYS 300).
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 500 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



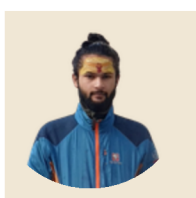
**Ruchika
Sharan**

CO-FOUNDER, OYI ·
LEADTRAINERFOR THE
COURSE



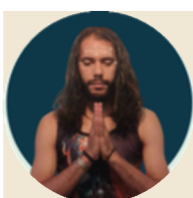
**Dr. Anu
Antony**

AYURVEDA, ANATOMY &
PHYSIOLOGY



Seetaram

HATHA & ASHTANGA
VINYASA



**Ajay
Sharma**

HATHA & ASHTANGA
VINYASA



**Rohit
Pillai**

ASANAS & PRANAYAMA
TRAINER

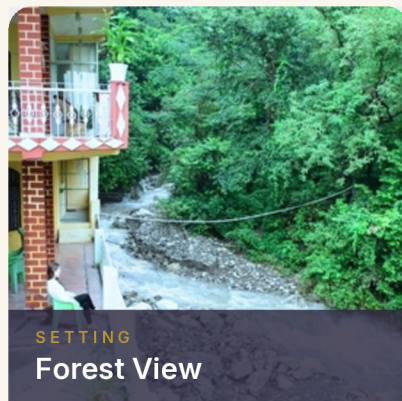
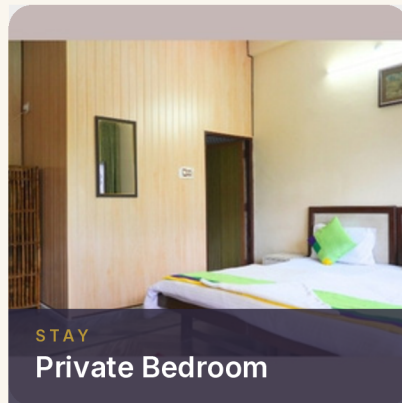


INSIDE OUR RISHIKESH CENTRE

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 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

Speak with us
directly

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+91 70600 04944

EMAIL US

Write to us
anytime

info@omyogainternational..com

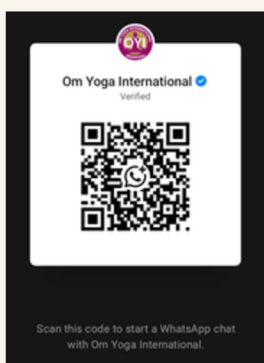
WEBSITE

Visit us
online

www.omyogainternational.org

VISIT US

Om Yoga International
Tapovan, Rishikesh, Uttarakhand, India



Registration and payment
(USD)



Registration & Payment