

# 300HRS YOGA TTC

Online Therapeutic Yoga Teacher Training Course  
Om Yoga International, Rishikesh



***Since 2010***



## Dual Certification

Yoga Alliance RYT 300hrs &  
IYO Yoga Therapist (Govt. of India)





## The Evolution from Teacher to Therapist

Welcome to the next stage of your yoga journey. This advanced 300-hour program 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, individualized healing. **This course provides a rare dual certification: the internationally recognized RYT 300 from Yoga Alliance and the prestigious (IYO Yoga Therapist) qualification from the Yoga Certification Board, Ministry of AYUSH, Government of India.**

You will gain a profound understanding of the human body, mind, and spirit, learning to assess clients, diagnose imbalances from a yogic perspective, and design comprehensive therapeutic programs for a wide range of specific health conditions.

## The Evolution from Teacher to Therapist

**This program is designed for:**

- RYT 200 graduates seeking a globally-recognized 300-hour certification with a specialized, clinical focus.
- Yoga teachers who want to confidently and safely work one-on-one with clients managing chronic pain, illness, or mental health challenges.
- Aspiring therapists who want to understand the body's 11 systems and apply yogic principles to restore health.
- Wellness professionals (physiotherapists, counselors, etc.) who wish to integrate certified yoga therapy techniques into their practice.





# Course-at-a-Glance

Duration	1 Month (30 Days)
Format	Online (Live Zoom Sessions + Self-Paced Learning)
Live Schedule 07:00 – 08:30am 04:00 – 06:00pm 06:00 – 07:30pm	Hatha Yoga Practical Session Yoga Philosophy & Anatomy & Physiology Ashtanga Vinyasa Session; Monday to Friday
Prerequisite	200-Hour YTTC or YCB Level-1
Language	English & Hindi
Recording Access	1 Year

## A Journey into the Science of Healing

Our curriculum provides an unparalleled depth of knowledge, integrating ancient yogic wisdom with modern anatomy and therapeutic protocols. You will not only learn what to teach, but why it works.

## Foundational Principles: The Therapist's Knowledge

- **Advanced Anatomy & Physiology:** A systematic, 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.
- **Bhagwad Geeta:** Study the concepts of psychotherapy and the role of a positive attitude.





- **Patanjali Yog Sutras:** Master the Kleshas (afflictions) and the model of the mind.
- **Yog Vashisth:** Understand the yogic concept of Prana and the mind-body connection.
- **Integrated Health Model:** Learn the core principles of Ayurveda (Doshas), Naturopathy, and the yogic concepts of health (Adhi & Vyadhi), the Five Sheaths (Panchkoshas), and the role of Yogic Diet (Ahara).

## The Therapist's Toolkit: Advanced Practical Skills

- **Advanced Hatha & Ashtanga Practices:** Master Shatkriyas (cleansing), Sthula & Sukshma Vyayama (subtle and gross exercises), and advanced Asanas with alignment corrections.
- **Prescriptive Techniques:** Learn to use specific practices for therapeutic outcomes.
- **Advanced Pranayama:** Regulate the nervous system, manage stress, and promote relaxation.
- **Restorative Yoga & Yoga Nidra:** Tools to treat trauma, anxiety, and release emotional blockages.
- **Bandhas, Mudras & Meditation:** Apply advanced techniques for energetic and psychological healing.





## Core Curriculum Modules

- ✓ Philosophy: Foundation of Yoga
- ✓ Yoga Therapy in Traditional Texts
- ✓ Anatomy & Physiology
- ✓ Yogic Therapeutic Management
- ✓ Hatha Yoga Practices
- ✓ Practical (Including Yoga Counselling)
- ✓ Assessment Skill
- ✓ Teaching Methodology (Therapist Focus)



## From Practitioner to Professional

This program is focused on practical, real-world application. You will graduate with the skills and confidence to build a professional therapy practice, guided by an expert faculty.

## Clinical Application: Managing Specific Conditions

Gain the specialized knowledge to design safe and effective yoga therapy programs for clients with a wide range of disorders, including:

- **Musculoskeletal:** Back pain, sciatica, arthritis, joint issues, post-surgical rehabilitation.
- **Psychological & Neurological:** Stress, anxiety, depression, PTSD, multiple sclerosis, and Parkinson's disease.





- **Systemic & Metabolic:** Cardiovascular disorders (hypertension), respiratory disorders, diabetes, and endocrine imbalances.
- **Specialized Areas:** Digestive disorders, weight management, obstetric/gynecological issues, and old-age-related disorders.

## The Professional Therapist: Skills & Ethics

This training provides the essential skills to move from a teacher to a clinician:

- **Assessment & Diagnosis:** Learn objective assessment skills, including physiological measurements, testing muscle strength/flexibility, and understanding the biomechanics of asanas.
- **Counselling & Program Design:** Master the art of the client intake, "Counselling the Patient," diagnosing the problem from a yogic perspective, and "Creating Proper Manual for their Therapy."
- **Professional Ethics:** Understand the critical importance of boundaries, confidentiality, and the therapist-client relationship, as well as self-care to prevent burnout.





## Meet Your Expert Faculty

Your training will be led by a team of highly qualified experts and founders:



**Mr. Radhika Sharan**

Founder OYI, Lead Trainer,  
Pranayama & Meditation



**Mrs. Ruchika Sharan**

Co-Founder, Lead Trainer,  
Philosophy & Anatomy & Physiology



**Dr. Anu Antony**

Ayurveda and Anatomy  
& Physiology



**Rohit Pillai**

Yoga Therapy Asanas  
& Pranayama



**Shweta Solanki**

Asanas & Pranayama



**Aiay Sharma**

Hatha & Ashtanga  
Vinyasa

## Your Path to Certification & Registration

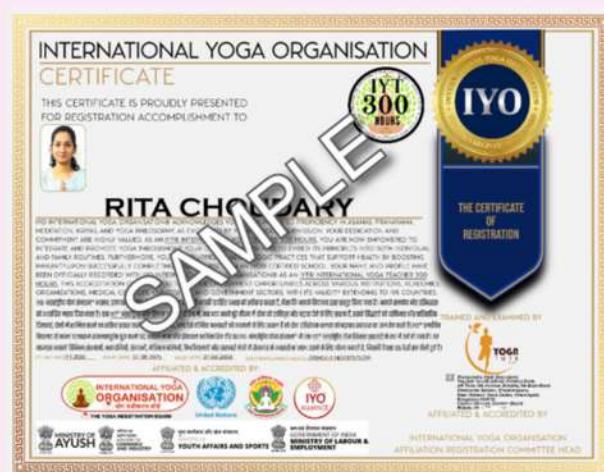
Secure your place in this career-defining program.

Start Date	End Date	Fee (USD)	Fee (INR)
01st Mar 2026	30th Mar 2026	\$405 / \$299	INR 35,000 / INR 25,000
01st July 2026	30th July 2026	\$405	INR 35,000
01st Oct 2026	30th Oct 2026	\$405	INR 35,000
02nd Jan 2027	31st Jan 2027	\$405	INR 35,000



## Your Certification

Upon successful completion of the course, you will receive a certificate from Om Yoga International, qualifying you as a 500hours Certified Yoga Instructor & as a Certified Yoga Therapist. The certificate allows you to teach globally.



## Contact & Registration

## **Om Yoga International, Rishikesh**

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 +91 7060004959, +91 7060004944  
 www.omyogainternational.com



### OR Code for Course Details



### QR Code for Registration