

200HRS YOGA TTC

Online Yoga Teacher Training Course



Since 2010

OM YOGA INTERNATIONAL

Registered Yoga School (RYS 200)
with Yoga Alliance, USA



Highlights:

Embark on a transformative journey with OmYoga International's comprehensive and flexible online RYT 200-hour Yoga Teacher Training Course.

This 30-day program is designed for aspiring instructors to deepen their practice and gain a thorough understanding of traditional yoga.

Our curriculum is fully compliant with the standards set by the Yoga Alliance, ensuring you receive a well-rounded education. The course is delivered through a dynamic blend of live-streamed classes, recorded videos, and interactive assignments, allowing you to learn at your own pace while maintaining a structured schedule. By the end of this course, you will be equipped with the skills, knowledge, and official certification required to teach yoga professionally anywhere in the world.

Course Highlights:

Official Accreditation: Fully certified by Yoga Alliance (RYS 200) and YACEP (Yoga Alliance Continuing Education Provider).

Total Duration: 30 Days / 200 Hours.

Interactive Format: A balanced structure of 120 hours of Live Zoom Sessions and 80 hours of self-paced learning.

Comprehensive Curriculum: Covers Yoga Philosophy, Anatomy, Asanas, Pranayama, Meditation, Teaching Methodology, and more.

Expert Instruction: Engage with experienced instructors and connect with a global community of fellow trainees.

Professional Certification: Graduates are eligible to register with Yoga Alliance as RYT 200.

Daily Class Schedule (Live on Zoom)

Classes are held Monday to Saturday.

Timing (IST): 07:00am – 08:30am

Subject: Hatha Yoga Practical Session

Timing (IST): 04:00pm – 05:30pm

Subject: Philosophy and Anatomy/Physiology

Timing (IST): 06:00pm – 07:30pm

Subject: Ashtanga Vinyasa, Pranayama & Meditation Practical Session

Course Dates & Fees Year 2026

We offer several batches throughout the year. The first batch of 2026 features a **special 30% Early Bird Discount**.

Start Date	End Date	Fee (USD)	Fee (INR)
01st Feb 2026	02nd Mar 2026	\$347 / \$232	INR 30,000 / INR 20,000
01st June 2026	30th June 2026	\$347	30,000
01st Sep 2026	30th Sep 2026	\$347	30,000
01st Dec 2026	30th Dec 2026	\$347	30,000

Comprehensive 200-Hour Curriculum

Our 200-hour curriculum is organized into 12 core modules, providing a complete education in the theory and practice of yoga.

Module 1: Philosophy: Study of Yoga Texts

Study foundational texts including the Yoga Sutras of Patanjali and Bhagavad Gita to understand the roots of yoga.

Module 2: Philosophy: Yoga and Yoga Practices

The principles of Hatha, Vinyasa, and Ashtanga yoga, along with yogic diet and lifestyle guidelines.

Module 3: Anatomy and Physiology

Understand human body systems, biomechanics, and the physiology of breathing to ensure safe and effective practice.

Module 4: Asana Practice & Alignment

Master the alignment, benefits, and modifications for standing, seated, prone, supine and restorative poses across various styles.

Module 5: Pranayama (Breathing Techniques)

Learn essential breathing techniques like Ujjayi, Nadi Shodhana etc. and Kumbhaka to control and balance vital energy.

Module 6: Meditation & Mindfulness Practices –

Cultivate mindfulness through practices such as Yoga Nidra, chanting, and Cyclic Meditation, etc..

Module 7: Bandhas & Mudras

Discover the significance and application of energy locks (Bandhas) and hand gestures (Mudras) in yoga.

Module 8: Shatkarmas: Cleansing

Learn traditional yogic cleansing techniques like Neti and Kapalbhati etc. to purify the body and prepare for practice.

Module 9: Sequencing & Class Planning

Acquire the skills to design balanced, effective sequences and class plans for different skill levels and formats.

Module 10: Teaching Methodology & Communication Skills

Develop your teaching voice, learn clear cueing, and master the art of safe physical and verbal adjustments.

Module 11: Self-Practice: Practical Teaching Experience & Assignments

Deepen your personal practice and gain confidence through practical teaching assignments and peer feedback.

Module 12: Business of Yoga & Career Development

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

Meet Your Expert Instructors



Mr. Radhika Sharan

Founder, OYI, Lead Trainer
(Pranayama & Meditation)



Ruchika Sharan

Co. Founder, OYI
Lead Trainer for the Course



Dr. Anu Antony

Ayurveda and Anatomy
Physiology



Shweta Solanki

Asanas & Pranayama



Ajay Sharma

Hatha & Ashtanga Vinyasa



Rohit Pillai

Asanas & Pranayama
Trainer

What You Will Learn (Module Highlights)

Yoga Philosophy

Explore the origin and history of yoga. Study key texts, including the Yoga Sutras of Patanjali, Bhagavad Gita, and Hatha Yoga Pradipika. You will also learn about foundational concepts like the Pancha Kosha (Five Sheaths), Nadis, and Chakras.

Anatomy, Asana & Alignment

Gain a deep understanding of the human body, its systems, and the biomechanics of movement. Master proper alignment, benefits, and contraindications for a wide range of asanas. You will practice and learn to teach various styles, including Traditional Hatha, Ashtanga, Vinyasa Flow, and Restorative Yoga.

Pranayama, Meditation & Cleansing

Learn the theory and practice of Pranayama (breathing techniques), including Ashta Kumbhakas. You will be guided through Shatkarmas (yogic cleansing) like Neti and Kapalbhathi, as well as powerful meditation and mindfulness practices such as Yog Nidra, Antarmauna, and So-Hum Meditation.

Teaching Methodology

This is where you find your voice as a teacher. Learn the art of sequencing a balanced class, giving clear verbal cues, and offering safe, effective adjustments. You will get practical teaching experience and constructive feedback.

Business of Yoga

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

Your Certification

Upon successful completion of the course, you will receive a certificate from Om Yoga International, qualifying you as a 200hours Certified Yoga Instructor. This certificate is accredited by Yoga Alliance under RYT200, allowing registered yoga teachers to successfully register as RYT200.



Contact & Registration

Ready to begin your journey? Contact us to enroll.

Om Yoga International, Rishikesh, Uttarakhand, India

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QR Code for Course Details



QR Code for Registration