

PROSPECTUS 2026 / 2027

RYT 500

Online Certificate Course.
Yoga teacher & therapist training.

RYT 200 Foundation plus RYT 300 Advanced Yoga Therapy. A complete 60-day online journey, taught live from Rishikesh.

60 DAYS

LIVE ZOOM + RECORDED

YOGA ALLIANCE

GOVT. OF INDIA

500

TOTAL HOURS

60

DAYS

4500+

GRADUATES

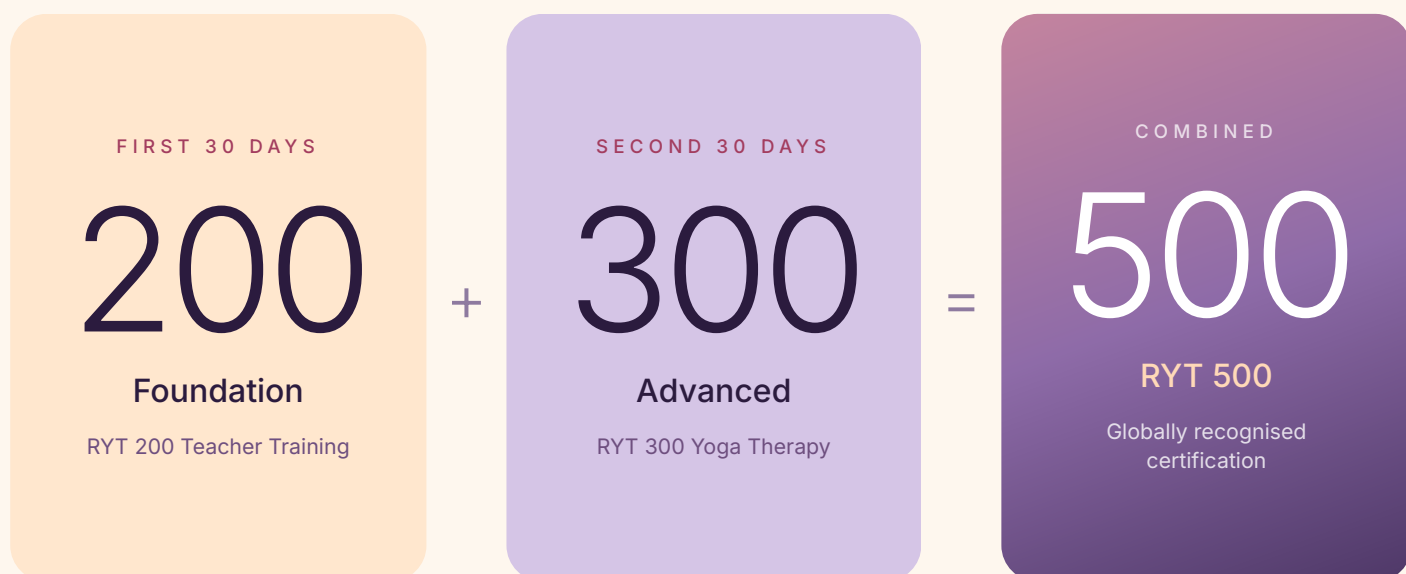
4.9★

GOOGLE REVIEWS

YOUR COMPLETE 500-HOUR JOURNEY

RYT 200 + RYT 300 = **RYT 500**

The Om Yoga International RYT 500 is a single, unified online programme that combines a 200-hour Foundation Course (First 30 Days) and a 300-hour Advanced Course (Second 30 Days) into one seamless 60-day pathway from aspiring teacher to certified yoga therapist.



By the end of 60 days, you will have the skills, knowledge and official certification to teach yoga professionally and practise as a yoga therapist anywhere in the world.

Classes are delivered through live-streamed Zoom sessions, recorded videos and interactive assignments, so you learn at your own pace inside a structured schedule.

RYT 500 / Yoga Alliance USA

Registered Yoga School (RYS 200 & RYS 300). YACEP Continuing Education Provider. Globally recognised standard.

IYO Yoga Therapist / Govt. of India

International Yoga Organisation. Ministry of AYUSH recognition. International Diploma in Yoga Therapy.

PROGRAMME OVERVIEW

A transformative **60-day** online journey.

Embark on a transformative 60-day online journey with Om Yoga International. Delivered through live-streamed Zoom classes, recorded videos and interactive assignments, you learn at your own pace within a structured schedule.

500

TOTAL
HOURS

200 foundation,
300 advanced

60

DAYS

Two 30-day
intensives

4500+

GRADUATES

From 60+ countries

4.9★

GOOGLE RATING

Consistently top-rated

Three live sessions every day weave together the four arms of a serious training. Practical āsana, breath and meditation in the morning. Philosophy and anatomy in the afternoon. A second practical in the evening.

The first 30 days build the fluent practitioner. The next 30 days build the therapist, capable of designing personalised programmes for chronic pain, mental health, metabolic and neurological conditions.

MORNING

**Āsana &
Breath**

AFTERNOON

Theory

EVENING

Practice

What sets the programme apart

- A single unified arc, not two trainings stitched together
- Faculty includes medical doctors & Āyurvedic specialists
- Dual certification: Yoga Alliance + Govt. of India
- One-year recording access included
- Lifetime mentorship after graduation

COURSE AT A GLANCE

Two modules. **One** programme.

Each module is complete in itself. Together they form the RYT 500.

MODULE ONE

Foundation / RYT 200

The fluent teacher

Duration 30 days, 200 hours

Format 120 hrs live Zoom, 80 hrs self-paced

Schedule Mon to Sat, 3 sessions / day IST

Prerequisite None, open to all

Language English

Recording Access 1 year

MODULE TWO

Advanced / RYT 300

The qualified therapist

Duration 30 days, 300 hours

Format Live Zoom & self-paced learning

Schedule Mon to Fri, 3 sessions / day IST

Prerequisite 200-hr YTTC or YCB Level-1

Language English

Recording Access 1 year

Both modules include a **Comprehensive course manual**, **Lifetime instructor support**, and **Lifetime valid certification** upon completion.

DAILY CLASS SCHEDULE, LIVE ON ZOOM

Three live sessions, **every day.**

Both modules follow a structured daily timetable. All times are Indian Standard Time (IST). Module 1 (RYT 200) runs Monday to Saturday. Module 2 (RYT 300) runs Monday to Friday.

1

07:00 / 08:30

MORNING

Ashtanga Vinyasa & Pranayama

Practical session

LIVE · IST

2

04:00 / 06:00

AFTERNOON

**Philosophy and Anatomy /
Physiology**

Theory & discussion

LIVE · IST

3

06:00 / 07:30

EVENING

**Hatha or Therapy Yoga,
Pranayama & Meditation**

Practical session

LIVE · IST

Recordings of every live class are released the same day and remain accessible for one year, so you can revisit any teaching at your own pace.

FOUNDATION CURRICULUM, RYT 200 / PART ONE

Philosophy, anatomy, **breath.**

The first six of twelve modules that build the fluent practitioner.

01

Yoga Philosophy I

Yoga Sūtras of Patañjali, Bhagavad Gītā, Pancha Kośha, Nāḍīs & Chakras.

02

Yoga Philosophy II

Hatha, Vinyasa & Ashtanga principles. Yogic diet and lifestyle.

03

Anatomy & Physiology

Body systems, biomechanics of movement, the physiology of breathing.

04

Āsana Practice & Alignment

Hatha, Ashtanga, Vinyasa Flow & Restorative. Alignment, benefits, modifications.

05

Pranayama

Ujjāyī, Nāḍī Shodhana, Aṣṭa Kumbhakas. Vital energy and nervous-system regulation.

06

Meditation & Mindfulness

Yog Nidrā, Antarmauna, So-Hum, chanting & Cyclic Meditation.

FOUNDATION CURRICULUM, RYT 200 / PART TWO

The craft of **teaching**.

Subtle energy work, sequencing, methodology, and the business of yoga.

07

Bandhas & Mudrās

Energy locks and hand gestures that direct and amplify prāṇa through the body.

08

Shatkarmas

Traditional cleansing: Neti, Kapālabhāti. Purify the body and prepare for deeper practice.

09

Sequencing & Class Planning

Design balanced, effective sequences for beginner through advanced practitioners.

10

Teaching Methodology

Verbal cueing, safe adjustments, finding your identity as a confident yoga teacher.

11

Self-Practice & Assignments

Practical teaching assignments, peer feedback, and supervised class delivery.

12

Business of Yoga

Marketing, networking and managing a sustainable yoga teaching career, online and in person.

WHAT YOU WILL BE QUALIFIED TO DO, RYT 200

After the **Foundation.**

By the end of Module One you are a Yoga Alliance Registered Yoga Teacher.

01

Teach Professionally Worldwide

In studios, retreats or online, with full
Yoga Alliance RYT 200 registration.

02

Design & Sequence Balanced Classes

For all levels. Hatha, Ashtanga, Vinyasa
and Restorative Yoga.

03

Guide Pranayama, Meditation & Cleansing

Lead students through breathwork,
meditation and Shatkarma practices
with confidence.

04

Build a Sustainable Career

Apply the business of yoga to grow
and manage your professional teaching
practice.

07 / ADVANCED PROGRAMME, RYT 300

From teacher to **therapist**.

The second 30-day module transitions experienced teachers into qualified yoga therapists. Move beyond group classes and master the science of holistic, individualised healing.

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

DESIGNED FOR

RYT 200 graduates, yoga teachers, aspiring therapists, and wellness professionals (physiotherapists, counsellors).

DUAL CERTIFICATION

Yoga Alliance RYT 300 + IYO Yoga Therapist (Govt. of India, Ministry of AYUSH).

THE THERAPIST'S KNOWLEDGE

Three pillars of **yoga therapy**.

The advanced module 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 and the rest) and their relevance in yoga therapy.

ii

PHILOSOPHICAL

Applied Yogic Philosophy

Patañjali Yoga Sūtras & Kleshas, Bhagavad Gītā psychotherapy concepts, Yoga Vasiṣṭha mind, body and spirit connection.

iii

TRADITIONAL

Integrated Health Model

Core principles of Āyurveda (Doshas), Naturopathy, Pañchakoshas, and the role of Yogic Diet (Āhāra) in healing.

ADVANCED CURRICULUM, RYT 300 / 8 CORE MODULES

Eight core modules, **one** complete therapist.

01

Philosophy & Foundation of Yoga

Patañjali Yog Sūtras, Yog Vasiṣṭha, Bhagavad Gītā & applied yogic philosophy for therapeutic use.

02

Yoga Therapy in Traditional Texts

Āyurveda (Doshas & Dhātus), Ādhi & Vyādhī, Naturopathy, Pañchakoshas & Yogic Diet.

03

Anatomy & Physiology (Clinical Depth)

All 11 body systems: cardiovascular, respiratory, musculoskeletal, nervous & endocrine.

04

Yogic Therapeutic Management

Client assessment, personalised programme design, prescriptive yoga for specific disorders, case studies.

05

Hatha & Ashtanga Practices

Shatkriyās, advanced āsanās with alignment corrections, Sthūla & Sūkshma Vyāyāma, Ashtanga Vinyasa.

06

Practical / Yoga Counselling

Advanced pranayama, bandhas, mudrās, meditation, restorative yoga, Yoga Nidrā & therapeutic communication.

07

Assessment Skills

Physiological measurements, yogic diagnostic principles, muscle strength & flexibility, documentation.

08

Teaching Methodology (Therapist Focus)

Ethics, boundaries, confidentiality, therapeutic manual creation, counselling & building a therapy practice.

MANAGING SPECIFIC CONDITIONS

Conditions a **yoga therapist** can address.

Graduates of the RYT 300 module are trained to design personalised yoga therapy programmes for a wide range of health conditions.

BODY

Musculoskeletal

Back pain, sciatica, arthritis, joint disorders, post-surgical rehabilitation.

SYSTEMS

Systemic & Metabolic

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

MIND

Psychological & Neurological

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

LIFECYCLE

Specialised Areas

Digestive disorders, weight management, obstetric & gynaecological issues, geriatric care.

WHAT YOU WILL BE QUALIFIED TO DO, RYT 500

Two careers. **One** credential.

As a teacher and as a therapist, internationally registered and recognised by the Government of India.

AS A YOGA TEACHER / RYT
200

Teach & Lead Globally

Teach professionally in studios, retreats and online worldwide. Register as RYT 200 with Yoga Alliance USA. Design and sequence balanced classes for every level. Guide pranayama, meditation and cleansing practices.

AS A YOGA THERAPIST / RYT
300

Heal & Counsel One-to-One

Work one-on-one with clients managing chronic pain, illness or mental-health conditions. Design personalised therapy programmes. Practise as a certified IYO Yoga Therapist with Govt. of India recognition. Build a clinical practice, at a clinic or online.

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 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



Dr. Anu Antony

ĀYURVEDA, ANATOMY &
PHYSIOLOGY FOR THE
COURSE



Seetaram

ĀSANAS & PRANAYAMA



Ajay Sharma

HATHA & ASHTANGA
VINYASA



Rohit Pillai

ĀSANAS & PRANAYAMA
TRAINER

All based in Rishikesh, the world capital of yoga.

YOUR RYT 500 CERTIFICATION

A credential 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 by the Government of India.



RYS 200 & RYS 300

Registered Yoga School,
Yoga Alliance USA.



RYT 500

Registered Yoga Teacher,
globally recognised
standard.



YACEP

Yoga Alliance Continuing
Education Provider.



IYO Yoga Therapist

Government of India,
Ministry of AYUSH
recognition.

WHY CHOOSE OM YOGA INTERNATIONAL

Fifteen years. 4500 graduates. **One** school.

01

Established Since 2010

15+ years of excellence in yoga education from Rishikesh, the world capital of yoga.

02

Expert Faculty

Medical doctors, Āyurvedic specialists and senior yoga masters on one exceptional faculty.

03

Unique Dual Certification

The only programme with both Yoga Alliance RYT 500 and Govt. of India IYO Yoga Therapist.

04

Flexible Online Format

Live Zoom plus recorded sessions, learn at your own pace. 1-year recording access included.

05

4500+ Graduates

A worldwide community of certified teachers and therapists from over 60 countries.

06

Lifetime Support

Mentorship and continued guidance long after graduation. Every step of the way.

What's included in your RYT 500 enrolment

- Yoga Alliance RYS 200 & RYS 300 certified
- Comprehensive course manual
- Lifetime valid RYT 500 certification
- 1-year recording access
- IYO Yoga Therapist certified
- Lifetime instructor support

Eligible for beginners (RYT 200 module). No prior certification required to start. RYT 300 module requires completion of RYT 200 or equivalent.

15 / BEGIN YOUR PATH TODAY

Begin your **journey** with Om Yoga International.

Four cohorts run across 2026 and 2027. Each is limited in size so every student receives individual attention from our faculty. Reserve your seat to begin the 60-day programme.

RESERVE YOUR SEAT →

June

2026

September

2026

December

2026

January

2027

WRITE TO US

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SPEAK WITH US

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Om Yoga International, Rishikesh

RYS 200 · RYS 300 · YACEP · GOVT. OF INDIA · SINCE 2010