

PROSPECTUS 2026

RYT 200

Foundation Yoga Teacher Training Course.

A comprehensive, flexible online 200-hour Yoga Teacher Training Course designed for aspiring instructors to deepen their practice, master traditional yoga, and gain internationally recognised certification. Live from Rishikesh.

200hrs

TOTAL TRAINING

30 Days

ONLINE
PROGRAMME

12 Mod

CURRICULUM

RYS 200

YOGA ALLIANCE

PROGRAMME OVERVIEW

A transformative **30-day** online journey.

Embark on a transformative journey with Om Yoga International's comprehensive online RYT 200-hour Yoga Teacher Training Course. This 30-day programme is designed for aspiring instructors to deepen their practice and gain a thorough understanding of traditional yoga.

Delivered through live-streamed classes, recorded videos, and interactive assignments, you learn at your own pace within a structured schedule. By the end, you will have the skills, knowledge, and official certification to teach yoga professionally anywhere in the world.

200 TOTAL HOURS 120 live + 80 self-paced	30 DAYS Intensive programme	12 MODULES Comprehensive curriculum	RYS 200 ACCREDITED Yoga Alliance USA
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01**Official Accreditation**

Fully certified by Yoga Alliance (RYS 200) and YACEP, the global standard for yoga teacher training.

02**Total Duration**

30 Days / 200 Hours, including 120 hrs of live Zoom sessions plus 80 hrs of self-paced learning.

03**Comprehensive Curriculum**

12 modules covering Philosophy, Anatomy, Asanas, Pranayama, Meditation, Teaching Methodology and more.

04**Professional Certification**

Graduates are eligible to register with Yoga Alliance as RYT 200, teach professionally worldwide.

BATCH SCHEDULE & INVESTMENT

Two cohorts. **One** seat with your name on it.

Four-week intensives running through 2026. Reserve your batch.

BATCH & DATES	FEE (USD)	FEE (INR)
EARLY BIRD Batch 1 01 September 2026 – 30 September 2026	\$347 \$232	₹30,000 ₹20,000
Batch 2 01 December 2026 – 30 December 2026	\$347	₹30,000

DURATION

30 Days / 200 Hours

FORMAT

Online Hybrid

LIVE SESSIONS

120 hrs Zoom

SELF-PACED

80 hrs Learning

LANGUAGE

English

RECORDING ACCESS

1 Year

WHAT'S INCLUDED

Your RYT 200 enrolment includes

- Yoga Alliance RYS 200 & YACEP certified
- Lifetime valid certification RYT 200 registration
- Eligible for beginners, no prior certification required
- Comprehensive course manual
- 1-year recording access
- Lifetime instructor support

DAILY CLASS SCHEDULE, LIVE ON ZOOM

Three live sessions, **every day**.

Monday to Saturday. All times in Indian Standard Time (IST).

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 Yoga, Pranayama &
Meditation**

Practical session

LIVE · IST

Prerequisite: No prior yoga certification required, open to all aspiring teachers. Recordings of every live class are released the same day and remain accessible for 1 year so you can revisit any teaching at your own pace.

CURRICULUM · 12 MODULES · PART ONE

Philosophy, anatomy & practice.

Modules 1 to 6. Building the foundation of your understanding and practice.

01

Philosophy: Study of Yoga Texts

Study foundational texts including the Yoga Sutras of Patanjali and Bhagavad Gita. Explore the origin and history of yoga, foundational concepts like Pancha Kosha (Five Sheaths), Nadis, and Chakras.

02

Philosophy: Yoga and Yoga Practices

The principles of Hatha, Vinyasa, and Ashtanga yoga, along with yogic diet and lifestyle guidelines for a holistic approach to wellbeing.

03

Anatomy and Physiology

Understand human body systems, biomechanics, and the physiology of breathing. Gain a deep understanding of the body and the biomechanics of movement to ensure safe and effective yoga practice.

04

Asana Practice & Alignment

Master the alignment, benefits, and modifications for standing, seated, prone, supine and restorative poses. Learn Traditional Hatha, Ashtanga, Vinyasa Flow, and Restorative Yoga.

05

Pranayama (Breathing Techniques)

Learn essential breathing techniques including Ujjayi, Nadi Shodhana, Ashta Kumbhakas, and more, to control and balance vital energy and regulate the nervous system.

06

Meditation & Mindfulness Practices

Cultivate mindfulness through Yog Nidra, Antarmuna, So-Hum Meditation, chanting, and Cyclic Meditation. Develop a sustainable personal meditation practice.

CURRICULUM · 12 MODULES · PART TWO

The craft of **teaching**.

Modules 7 to 12. Subtle energy work, sequencing, methodology and the business of yoga.

07

Bandhas & Mudras

Discover the significance and application of energy locks (Bandhas) and hand gestures (Mudras) in yoga. Learn how these practices direct and amplify prana in the body.

08

Shatkarmas: Cleansing Practices

Learn traditional yogic cleansing techniques including Neti, Kapalbhata, and related Shatkarmas to purify the body, improve energy flow, and prepare for deeper practice.

09

Sequencing & Class Planning

Acquire the skills to design balanced, effective sequences and class plans for different skill levels, intentions, and formats, from beginner to advanced practitioners.

10

Teaching Methodology & Communication

Develop your teaching voice, learn clear verbal cueing, and master the art of safe physical and verbal adjustments. Find your identity as a confident, effective yoga teacher.

11

Self-Practice & Assignments

Deepen your personal practice and gain real teaching confidence through practical teaching assignments, peer feedback, and supervised class delivery.

12

Business of Yoga & Career Development

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

WHAT YOU'LL LEARN

Five areas of mastery.

The full scope of what you'll explore, practice, and refine over 30 days.

01

Yoga Philosophy

Explore the origin and history of yoga. Study key texts including the Yoga Sutras of Patanjali, Bhagavad Gita, and Hatha Yoga Pradipika. Learn foundational concepts like the Pancha Kosha, Nadis, and Chakras.

02

Anatomy, Asana & Alignment

Gain a deep understanding of the human body and the biomechanics of movement. Master proper alignment, benefits, and contraindications for a wide range of asanas across Hatha, Ashtanga, Vinyasa Flow and Restorative.

03

Pranayama, Meditation & Cleansing

Learn the theory and practice of Pranayama including Ashta Kumbhakas. Be guided through Shatkarmas (Neti, Kapalabhati) as well as powerful meditation practices, Yog Nidra, Antarmauna, and So-Hum Meditation.

04

Teaching Methodology

Find your voice as a teacher. Learn sequencing a balanced class, giving clear verbal cues, and offering safe, effective adjustments. Get practical teaching experience with constructive feedback from faculty.

05

Business of Yoga

Prepare for a successful career. Covers marketing strategies, networking within the yoga community, and the logistics of building a sustainable yoga teaching career online and offline.

Upon graduation, you'll be qualified to

- Teach yoga professionally in studios, retreats, or online worldwide
- Register as RYT 200 with Yoga Alliance USA, globally recognised
- Design and sequence balanced classes for all levels and formats
- Teach Traditional Hatha, Ashtanga, Vinyasa, and Restorative Yoga
- Guide students through pranayama, meditation, and cleansing practices
- Build and manage a sustainable, professional yoga teaching career

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 FOR THE
COURSE

**Dr. Anu Antony**

ĀYURVEDA, ANATOMY &
PHYSIOLOGY

**Seetaram**

ĀSANAS & PRANAYAMA

**Ajay Sharma**

HATHA & ASHTANGA
VINYASA

**Rohit Pillai**

ĀSANAS & PRANAYAMA
TRAINER

YOUR CERTIFICATION

200-hour Certified Yoga Instructor

Upon successful completion, you will receive a certificate from Om Yoga International qualifying you as a 200-hour Certified Yoga Instructor. This certificate is accredited by Yoga Alliance under RYT 200, allowing you to register as a Registered Yoga Teacher and teach globally.

WHY CHOOSE OM YOGA INTERNATIONAL

Why Om Yoga International.

01

Established Since 2010

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

02

International Recognition

Globally accredited. Your RYT 200 certification is recognised and respected across the world.

03

Expert Trainers

Experienced yoga masters, medical doctors, and Āyurvedic specialists on one exceptional faculty.

04

4500+ Graduates

A thriving worldwide community of certified yoga teachers from over 60 countries.

05

Holistic Curriculum

Comprehensive 12-module path covering philosophy, practice, methodology and professional development.

06

Lifetime Support

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

08 / BEGIN YOUR JOURNEY

Ready to become a **yoga teacher**?

Two cohorts across 2026. Each is limited in size so every student receives individual attention from our faculty. Reserve your seat to begin the 30-day intensive.

September

EARLY BIRD • 2026

December

2026

WRITE TO US

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SPEAK WITH US

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VISIT US

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Om Yoga International, Rishikesh

RYS 200 • YACEP • SINCE 2010