

PROSPECTUS 2026 / 2027

RYT 300

Advanced Yoga Therapy Teacher Training.

An intensive 300-hour online teacher training designed to transition experienced yoga teachers into qualified yoga therapists, mastering holistic, individualised healing. Live from Rishikesh.

300hrs

TOTAL TRAINING

30 Days

ONLINE
PROGRAMME

8 Mod

CURRICULUM

Dual+

CERTIFICATION

PROGRAMME OVERVIEW

The next stage of your **yoga** journey.

This advanced 300-hour programme 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, individualised healing.

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

300	30	8	2
TOTAL HOURS Advanced training	DAYS Intensive programme	MODULES Comprehensive curriculum	CERTIFICATIONS Yoga Alliance + Govt. of India

Three live sessions every day weave together the four arms of a clinical training. Practical Ashtanga Vinyasa in the morning. Philosophy and anatomy in the afternoon. Hatha and therapy yoga in the evening.

By the end of 30 days, you'll be qualified to work one-on-one with clients managing chronic pain, illness and mental health conditions, and to build a professional yoga therapy practice.

What sets this programme apart

- Dual certification: Yoga Alliance + Govt. of India
- Faculty includes medical doctors & Āyurvedic specialists
- Clinical focus on real client conditions
- 1-year recording access 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 300-hour 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, LIVE ON ZOOM

Three live sessions, **every day**.

Monday to Friday. 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 & Therapy Yoga,
Pranayama & Meditation**

Practical session

LIVE · IST

DURATION

**1 Month (30
Days)**

FORMAT

**Live Zoom +
Self-Paced**

PREREQUISITE

**200-Hour YTTC
or YCB Level-1**
RECORDING
ACCESS
1 Year

BATCH SCHEDULE & INVESTMENT

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

Four-week intensives running through 2026 and into 2027. Reserve your batch.

BATCH & DATES	FEE (USD)	FEE (INR)
EARLY BIRD Batch 1 01 July 2026 – 30 July 2026	\$405 \$299	₹35,000 ₹25,000
Batch 2 01 October 2026 – 30 October 2026	\$347	₹30,000
Batch 3 01 January 2027 – 30 January 2027	\$347	₹30,000

WHAT'S INCLUDED

Your RYT 300 enrolment includes

- Lifetime valid certification RYT 300 registration
- Comprehensive course manual
- Yoga Alliance RYT 300 + IYO Yoga Therapist certified
- 1-year recording access
- Lifetime instructor support
- Live Zoom + self-paced learning

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

I · BODY

Musculoskeletal

Back pain, 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 & Vyādhī, 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 RYT 300 with Yoga Alliance USA, internationally recognised
- Practise as a certified IYO Yoga Therapist, Govt. of India recognition
- Build and run a professional yoga therapy practice at a clinic or online

YOUR DUAL CERTIFICATION

Two credentials, **recognised** worldwide.

Upon successful completion, you'll receive a certificate from Om Yoga International qualifying you as a 300-hour Certified Yoga Instructor. The certificate is accredited by Yoga Alliance under RYT 300 and recognised by the Government of India.



RYT 300

YOGA ALLIANCE USA

Registered Yoga Teacher,
internationally recognised standard.
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 300 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 FOR THE
COURSE



Dr. Anu Antony

ĀYURVEDA, ANATOMY &
PHYSIOLOGY



Seetaram

ĀSANAS & PRANAYAMA



Ajay Sharma

HATHA & ASHTANGA
VINYASA



Rohit Pillai

ĀSANAS & PRANAYAMA
TRAINER

All based in Rishikesh, the world capital of yoga.

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

Dual Certification

The only programme offering both Yoga Alliance RYT 300 and Govt. of India IYO Yoga Therapist recognition.

03

4500+ Graduates

A thriving global community of certified teachers and healing professionals.

04

Clinical Focus

Work with real clients managing real conditions, supported by an expert faculty.

05

Lifetime Support

Support you long after graduation. Mentorship and continued guidance every step of the way.

06

Expert Faculty

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

14 / BEGIN YOUR JOURNEY

Begin your **journey** as a yoga therapist.

Three batches across 2026 and 2027. Each is limited in size so every student receives individual attention from our faculty. Reserve your seat to begin the 30-day intensive.

July

2026

October

2026

January

2027

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Om Yoga International, Rishikesh

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