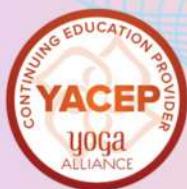


RYT 200hrs Yoga TTC

Online 60Days RYT 200hours Yoga Teacher Training Course



Om Yoga International



Online 60Days RYT 200hours Yoga Teacher Training Course

An online 60-day RYT 200-hour Yoga Teacher Training Course offers a comprehensive and flexible pathway for aspiring yoga instructors to deepen their practice and understanding of yoga. This program is typically designed to meet the standards set by the Yoga Alliance, ensuring participants receive a well-rounded education in Yoga Philosophy, Anatomy, Asanas, Pranayama, Meditation, Teaching Methodology, and Practice. Delivered through a blend of Live-streamed classes, Recorded videos, and Interactive Assignments, this course also allows students to learn at their own pace while maintaining a structured schedule. Participants can expect to engage with experienced instructors, connect with a community of fellow trainees, and gain practical teaching experience. By the end of the course, graduates will be equipped with the skills and certification required to teach yoga professionally, all from the comfort of their own home.

Om Yoga International

Tapovan, Rishikesh, Uttarakhand (India)

Website: www.omyogainternational.com

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Contact no. +91 7060004959, 7060004944

wa.me/omyogainternational

WhatsApp business account



Online Courses Dates 2025-26

Start Date	End Dates	USD Fees	INR Fees	Apply Now
01st March 2025	30th April 2025	\$ 347 / 232	₹ 30,000 / 20,000	Enroll Now
01st July 2025	30th August 2025	\$ 347	₹ 30,000	Enroll Now
01st Nov 2025	30th Dec 2025	\$ 347	₹ 30,000	Enroll Now
01st March 2026	30th April 2026	\$ 347	₹ 30,000	Enroll Now

EARLY BIRD DISCOUNT **30% OFF**

Timing (IST)

03:30PM - 05:00PM Practical Class
05:30PM - 06:30PM Philosophy and
Anatomy Physiology

CLASSES MONDAY TO FRIDAY



Certificate of Completion

OM YOGA INTERNATIONAL

HEREBY CERTIFIES

Name of Trainee



as a qualified

YOGA INSTRUCTOR

for successfully completing 200hours Multi-style Yoga Teacher Training as per the standards set by Yoga Alliance, USA from.....Starting Date... toEnd Date.... organized by Om Yoga International, Rishikesh.

Wishing you All the very Best for Future Endeavours!!!

Sample Copy



RYS Reg. No.: 240279

Mr. Radhika Sharan
 Founder / Lead Trainer
www.omyogainternational.com

For a 60-day, 200-hour online course that incorporates live Zoom sessions, here's a well-organized structure with a focus on both interactive and self-paced learning. The course will be broken into modules to ensure a balanced workload, with Zoom live sessions forming a significant portion of the curriculum

The online format of a 200-hour TTC allows students to learn at their own pace while providing opportunities for virtual interaction, practical assignments, and hands-on teaching experience. This is an accredited course that meets your learning needs and provides the necessary support for certification, such as from Yoga Alliance if you aim to register with them.

Course Overview

Total Duration: 60 Days

Total Hours: 200 Hours

Mode: Online, Live Zoom Sessions + Self-paced Learning

Live Zoom Sessions: 120 hours

Self-paced Learning: 80 hours

Courses Modules

Module 1 Philosophy: Study of Yoga Texts

- Yoga : Origin, Definition, Aims & Objectives.
- Prasthanatrayee, Upanishads, Samkhya Yoga, Bhagavad Gita etc...
- Jnana, Bhakti and Karma Yoga.
- Yoga Sutras of Patanjali (I- 1 to 12, II – 46 to 51, III – 1 to 4)
- 8 limbs of Ashtanga Yoga
- Hatha Yog Pradipika, Gehranda & Siva Samhita
- Pancha Kosha, Nadis & Chakras
- Teachings of Different Yoga Masters.

Module 2 Philosophy: Yoga and Yoga Practices

- Principles of Sukshma & Sthula Vyayama, Asanas.
- Principles of Pranayama, Bandhas & Mudras.
- Principles of Shatkarmas
- Hatha, Vinyasa, Ashtanga, Iyengar Yoga etc.
- Yogic Diet: Sattvic, Rajasic & Tamasic
- Practices of Healthy Living
- Mindfulness and Meditation
- Ethics for Yoga Teachers

Module 3: Anatomy and Physiology

- Introduction to Human Body and Different Systems
- Biomechanics of Body, Bones, Joints & Muscles
- Health and Wellness
- Physiology of Breathing and Other Yoga Practices
- Knowing Physical Limitations, Injury prevention and Safe Alignment.
- Impact of Yoga Practices on Different Systems
- Yogic Management of Stress
- Knowledge of common Diseases and their Management.

Module 4: Asana Practice & Alignment

- Asanas: Definition, Types and Category
- Sthula & Sukshma Vyayama, Surya Namaskara
- Asanas Alignment, Benefits and Contraindications.
- Standing, Seated, Prone and Supine Poses.
- Proper alignment principles and common Misalignments.
- Modifications, Variations and Adjustments.
- Traditional Hatha and Ashtanga Flow
- Vinyasa Flow, Iyengar Style & Restorative Yoga

Module 5: Pranayama (Breathing Techniques)

- Pranayama: Preparation & Types.
- Puraka, Rechaka and Kumbhaka
- Antaranga and Bahiranga Kumbhaka
- Cleansing and Sectional Breathing
- Practice of Ashta Kumbhakas
- Physiological & Psychological Benefits.
- How to incorporate pranayama into class sequences.
- Application of Bandhas & Mudras

Module 6: Meditation & Mindfulness Practices

- Do's & Don'ts for Meditation
- Body and Breath Awareness / Anapana Sati
- Yog Nidra Level-1
- Recitation of Pranava and Hymns
- So-Hum Meditation
- Cyclic Meditation
- Sakriya Dhyana
- Antarmauna

Module 6: Bandhas & Mudras

- Practice of TriBandhas
- Yog Mudra & Maha Mudra
- Panch Tattva Mudras
- Panch Prana Mudra
- Chin & Gyan Mudra
- Ashwini Mudra & Viparitkarni
- Adi & Meru Dand Mudra

Module 7: Shatkarmas: Cleansing

- Preparation
- Do's and Don'ts for Practices
- Neti: Jal & Sutra Neti
- Dhauti: Vamana (Kunjaj) and Vahnisara (Agnisara)
- Kapalbhathi (Vatakrama)
- Shankh Prakshalana (Varisara Dhauti)
- Mukha Dhauti
- Trataka
- Benefits & Its Contraindications

Module 8: Sequencing & Class Planning

- How to create a balanced and effective yoga class.
- Principles of sequencing: How to build a class from warm-up to cool-down.
- Understanding different class formats: Vinyasa, Hatha, Restorative, etc.
- How to teach a class that caters to a range of abilities.
- Introduction to theme-based classes
- Principles of Sequencing various categories of asanas.
- Class Planning for different settings
- Incorporating Pranayama & Meditation

Module 9: Teaching Methodology & Communication Skills

- Fundamentals of teaching Yoga
- How to offer clear verbal cues and guidance for students.
- Understanding the importance of tone, pace, and language in teaching.
- How to give adjustments (physical and verbal) and assist students safely.
- Developing your teaching voice and confidence in leading a class.
- Observing and providing constructive feedback on others' teachings.
- Adaptability and Flexibility in Teaching

Module 10: Self-Practice: Practical Teaching Experience & Assignments

- Develop a personal yoga practice
- Reflecting on your personal journey and growth as a practitioner
- Integrating Yoga into your daily life: Mindfulness and maintaining balance.
- Continuing your learning and growth after the course
- The opportunity to teach classmates or friends and receive feedback.
- Submit videos and notes of your self-teaching and assignments.

Module 11: Certification and Graduation

- Completion of all modules and requirements.
- Submission of final assignments and exams.
- A written and practical exam to assess your understanding.
- Graduation ceremony and certification.

Guidance on next steps for becoming a registered yoga teacher (e.g., Yoga Alliance certification)

Module 12: Business of Yoga & Career Development

- Introduction to building a career as a yoga teacher.
- Marketing strategies: How to promote yourself and your classes.
- Understanding the yoga community and how to network with other teachers and studios.
- How to create a sustainable yoga teaching career (e.g., freelancing, workshops, retreats).
- Managing finances, setting fees, and understanding the logistics of teaching.



An Online Live with Zoom 60-Day RYT 200-Hour Yoga Teacher Training Course offers real-time interaction with instructors and fellow students, enhancing the learning experience. **Here are key aspects of such a course:**

1. ****Live Classes****: The structure includes scheduled live sessions conducted via Zoom, allowing for immediate feedback, interaction, and community building among participants.

2. ****Course Schedule****: Typically, the 60-day course spans daily live classes from Monday - Friday with Cleansings on Saturdays and Sundays off. Students must adhere to the schedule, balancing live sessions with self-study and practice.

3. ****Curriculum Focus****: Expect a comprehensive curriculum that covers:

- Asanas: Detailed instruction on various yoga poses and their alignment.
- Philosophy: Exploration of yogic texts, ethics, and spiritual principles.
- Anatomy: Understanding the physical body and the anatomy related to yoga practice.
- Teaching Techniques: How to lead classes effectively and safely, including sequencing and adjusting students.
- Practicum: Opportunities to practice teaching classes and receive feedback.

4. ****Supplementary Materials****: The program provide digital resources such as manuals, videos, and readings to support the live sessions.

5. ****Support and Community****: The live format fosters a sense of community, allowing for discussions, Q&A sessions, and networking with peers and instructors.

6. ****Certification****: Graduates of the program typically receive a 200-hour RYT certification, enabling them to register with Yoga Alliance, after meeting all course requirements.

7. ****Accessibility****: Being online students can participate from anywhere, but it's essential to have a stable internet connection and a dedicated space for practice.

If you're considering enrolling, check the specific program's website for details on class timings, costs, instructors, and any prerequisites necessary for enrollment.

DETAILED DESCRIPTION OF CURRICULUM



1. Yoga Philosophy: Introduction To Yoga And Yogic Practices

- 1.1 Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Brief Introduction to Samkhya and Yoga Darshana.
- 1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- 1.5 Principles of Yoga and practices of healthy living.
- 1.6 Principles and Practices of Jnana Yoga.
- 1.7 Principles and Practices of Bhakti Yoga.
- 1.8 Principles and Practices of Karma Yoga.
- 1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.11 Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.12 Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.13 Introduction to Tri Bandha and their health benefits.
- 1.14 Dhyana and its significance in health and well being.
- 1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra



CONTENT / CURRICULUM

2. Yoga Philosophy: Study of Yoga Texts

2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.

2.2 Yoga in Kathopnishad, Prashanopanisha, Tattriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.

2.3 Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.

2.4 Significance of Bhagavad Gita in day to day life.

2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).

2.6 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).

2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.

2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).

2.9 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi). 2.10 Concept of mental well being according to Patanjali Yoga.

2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.

2.12 Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner

2.13 Concept of Matha, Mitahara, Pathya & Apathya.

2.14 Concepts of Nadis, Prana and Pranayama for Subjective experiences.

2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana)

3. Yoga Anatomy and Physiology

3. Introduction To Yoga Anatomy and Physiology

3.1 General introduction to human body and nine major systems of human body.

3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin). 3.3

Basic functions of nine major systems of human body and homeostasis.

3.4 Yogic concept of health and wellness.

CONTENT / CURRICULUM

- 3.5 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- 3.6 Concepts of Dinacharya and Ritucharya and their importance in well being.
- 3.7 Importance of Ahara, Nidra and Brahmacharya in well being.
- 3.8 Yogic concept of mental hygiene: Maitre, Karuna, Mudita & Upeksha).
- 3.9 Importance of psychosocial environment for health and wellness.
- 3.10 Yogic concept and principles of Ahara(Mitahara, Yuktahara).
- 3.11 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- 3.12 Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).
- 3.13 Knowledge of common diseases; their prevention and management by Yoga.
- 3.14 Knowledge of role of Yoga in the management of non communicable diseases.
- 3.15 Concept of stress and Yogic management of stress and its consequences.

Yoga Practical

1. Prayer

- 1.1 Concept and Recitation of Pranava
- 1.2 Concept and Recitation of Hymns
- 1.3 Selected universal prayers, invocations and Nishpatti Bhava.



2. Yogic Shat Karma

- 2.1 Neti: Sutra Neti and Jala Neti
- 2.2 Dhauti: Vamana Dhauti (Kunjil)
- 2.3 Kapalbhati (Vatakrama)



CONTENT / CURRICULUM

3. Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro circulation practices)

- Neck Movement Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement Bhujja Valli Shakti Vikasaka
- Purna Bhujja Shakti Vikasaka
- Trunk Movement Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement Jangha Shakti Vikasaka (II-A&B)
- Janu Shakti Vikasaka
- Ankle movement Pada-mula shakti Vikasaka – A&B
- Gulpha-pada-pristha-pada-tala shakti Vikasaka

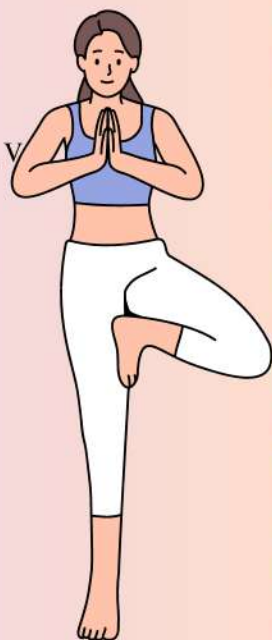
b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
- Hrid Gati (Engine daud)
-

4. Yogic Surya Namaskara with Mantra

5. Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahastasana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana
- 5.4 Dandasana, Padmasana, Vajarasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,
- 5.7 Paschimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana
- 5.12 Shavasana,



CONTENT / CURRICULUM

6. Preparatory Breathing Practices

- 6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- 6.2 Yogic Deep Breathing
- 6.3 Anuloma Viloma/ Nadi Shodhana

7. Pranayama

- 7.1 Concept of Puraka, Rechaka and Kumbhaka
- 7.2 Ujjayee Pranayama (Without Kumbhaka)
- 7.3 Sheetalee Pranayama (Without Kumbhaka)
- 7.4 Sitkaree Pranayama (Without Kumbhaka)
- 7.5 Bhramaree Pranayama (Without Kumbhaka)



8. Concept and Demonstration of Bandha

- 8.1 Jalandhara Bandha
- 8.2 Uddiyana Bandha
- 8.3 Mula Bandha
- 8.4 Maha Bandha



9. Concept and Demonstration of Mudra

- 9.1 Yoga Mudra
- 9.2 Maha Mudra
- 9.3 Vipareetakarani Mudra



10. Practices leading to Dhyana Sadhana

- 10.1 Body awareness and Breath awareness / Anapana Sati
- 10.2 Yog Nidra - Level 1
- 10.3 Antarmauna
- 10.4 Recitation of Pranava and Soham
- 10.5 Recitation of Hymns
- 10.6 Practice of Dhyana
- 10.7 Cyclic Meditation



CONTENT / CURRICULUM

11.. Ayurveda

6.1 Concept of Tridoshas,

6.2 Concept of Sapta Dhatu,
Agni, Vayu, and Mala;

6.3 Dinacharya and Ritucharya



B. Teaching Skills (Methods of Teaching Yoga)

1.1 Teaching methods with special reference to Yoga

1.2 Factors influencing Yoga teaching

1.3 Need of teaching practice and its use in Yogic practice.

1.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation

1.5 Methods of teaching Yoga to an individual, small group and large group

1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation

1.7 Lesson plan: Its meaning and need

1.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group

1.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.

1.10 Assessment of a Yoga class (detection and correction of mistakes).

