

RYT 300hours Yoga Teacher Training Course, Om Yoga International, Rishikesh, India

RYT 300hours Yoga TTC



Om Yoga International





MR. RADHIKA SHARAN

Founder: OYI, Rishikesh

Lead Trainer: YCB-2, YCB-2, YCB-3
YCB-4, YCB-6 RYT 200hrs,
RYT300hrs RYT500hrs



MRS. RUCHIKA SHARAN

Co. Founder: OYI, Rishikesh

Lead Trainer: YACEP, RPYT, Face Yoga
YCB-2, YCB-2, YCB-3, YCB-4, YCB-6
RYT 200hrs, RYT300hrs, RYT500hrs



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Website



Online Courses Dates 2025 - 26

Start Date	End Dates	USD Fees	INR Fees
01st May 2025	30th June 2025	\$ 405 / 290	₹ 35,000 / 25,000
01st September 2025	30th October 2025	\$ 405	₹ 35,000
01st January 2026	28th February 2026	\$ 405	₹ 35,000
01st May 2026	30th June 2026	\$ 405	₹ 35,000

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 500hours Advanced 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

Online 300hours Yoga TTC

A 300-hour online yoga teacher training course (often referred to as 300-hour YTT) is an advanced-level training program designed for those who already hold a 200-hour yoga teacher training certification. This course typically allows yoga teachers to deepen their practice, knowledge, and teaching skills while expanding their understanding of various yoga styles, philosophies, and advanced techniques.

300-hours yoga teacher training is an excellent opportunity for yoga instructors who want to elevate their teaching abilities, deepen their personal practice, and advance their career. Whether you're looking to specialize in a certain area or enhance your overall expertise, this training will give you the knowledge and confidence to guide your students more effectively.

Course Highlights

Total Duration: 60 Days, 300hours;

Mode: Online ; Live Zoom Sessions (150hours) + Self-paced Learning (150hours);

Timings (Live Class): 03:30 - 06:30pm (Mon - Fri);

Pre-requisites: Should have completed 200hours YTTC / YCB Level-2;

Language: English & Hindi;

Styles of Yoga: Hatha, Ashtanga, Vinyasa Flow, Restorative, Iyengar Yoga, Therapeutic Yoga;

Total Fees: 405USD / 35,000 INR;

Access to Course: For 1 Year;

Course Focus:

Course Focus:

Here's a concise summary of the focus areas in an online 300-hour Yoga Teacher Training Course (TTC):

1. **Advanced Asana & Alignment:** Deepening your understanding of advanced poses and proper alignment techniques.
2. **Anatomy & Physiology:** In-depth study of the body's systems and how they relate to yoga practice.
3. **Pranayama & Breathwork:** Mastering advanced breathing techniques and their application in asana and meditation.
4. **Philosophy & Yoga Sutras:** Exploring key yogic texts and integrating their wisdom into practice and teaching.
5. **Teaching Methodology:** Developing effective teaching skills, including sequencing, communication, and hands-on adjustments.
6. **Meditation & Mindfulness:** Practicing and teaching various meditation techniques to enhance focus and relaxation.
7. **Sequencing & Class Design:** Creating balanced, safe, and intentional yoga sequences for diverse students.
8. **Ethics & Professional Development:** Understanding the responsibilities of a yoga teacher, including ethical considerations and career-building.
9. **Disease & Injury Prevention:** Adapting yoga for different groups (e.g., seniors, pregnant women, injured students).
10. **Teaching Practice:** Gaining hands-on experience through practice teaching and receiving feedback.

The course is designed to deepen your practice, refine your teaching abilities, and prepare you to teach diverse students in various settings.

Course Modules

Module 1: Philosophy:

- Foundation of Yoga
- Yoga: Etymology, Definitions
- Six Schools of Indian Philosophy, Vedanta Darshana
- Upanishads, Yog Vashisth & Bhagwad Geeta
- Kriya Yoga, Ishwara Pranidhanani
- Patanjali Yog Sutras, Ashtanga Yoga
- Jnana, Bhakti, Karma, Raja & Hatha Yoga
- Yoga in Jainism & Buddhism

Module 2: Anatomy & Physiology

- Human Body & Homeostasis
- Musco-skeletal & Cardiovascular System
- Respiratory & Digestive System
- Nervous & Endocrine System
- Sensory Organs
- Impact of Yoga on all systems

Module 3: Applied Yoga

- Yoga for Personality Development
- Yogic Management of Stress
- Yoga for Lifestyle Disorders
- Yoga for Non-Communicable Disorders
- Yoga for Mental Health
- Yoga as an Integrative Medication

Module 4: Health and Wellness

- Concept of Health, Wellness & Illness
- Concept of Panch Koshas, Adhi & Vyadhi
- 4 Pillars of Yoga
- Dincharya & Ritucharya
- Ahara, Nidra & Brahamcharya
- Importance of Psycho-social environment
- Trigunas, Panch-Kleshas, Taptrayas, Panch Prana & Chakras

Course Modules

Module 5: Yoga for Disease Prevention

- Yoga for Acidity, IBS & Constipation
- Yoga for Sinusitis & Bronchial Asthma
- Yoga for Hypertension
- Yoga for Lower back pain & Neck pain
- Yoga for Arthritis
- Holistic Approach to Yoga
- Role of Various Yoga Practices in Prevention

Module 6: Yoga and Psychology

- Concept of Human Psyche
- Cognitive Process & Stages of Consciousness
- Nature of Emotions & Physiological changes
- Yoga View of Mental Health
- Mental Illness
- Role of Yoga in Mental Health
- Importance of Psycho-social environment

Module 7: Kundalini Yoga

- Concept of Kundalini Yoga
- Kundalini Diet
- Preparations & Precautions
- Kundalini Meditation With Mantras
- Yoga practices to balance 7 Chakras
- Different Methods of Kundalini Awakening

Module 8: Advanced Asanas: Practice & Alignment

- Sukshma & Sthula Vyayama
- Surya & Chandra Namaskara
- Advanced Hatha Yoga Asanas
- Ashtanga Primary Series
- Ashtanga Intermediate Series
- Hatha Vinyasa Flow
- Asanas for Therapy

Course Modules

Module 9: Pranayama, Bandhas & Mudras

- Pranayama practices with Kumbhaka
- Practice of Mahabandha
- 10 Mudras for Spiritual Enlightenment
- Pranava & Bhairava Mudra
- Shanmukhi Mudra
- Mudras as a Therapy
- Pranayama & Bandhas as a Therapy

Module 10: Advanced Meditation

- Importance of Meditation
- Mantras Meditation & Sound Healing
- Yog Nidra Level-2
- Chakras Meditation
- Dynamic Meditation
- Self-Surrender & Trataka

Module 11: Ayurveda

- Concept of Ayurveda
- Concept of Tri-Doshas
- Prakriti & Vikriti
- Concept of Shatrasas
- Dincharya & Ritucharya
- Diet for Tridoshas
- Introduction to Panchkarmas

Module 12: Teaching Methodology

- Factors Influencing Teaching
- Teaching Aids
- Lesson Planning
- Presentation of Lessons
- Class Assessment
- Program Evaluation



60Days RYT 300hours Yoga TTC

The 60-day Online RYT 300-Hour Yoga Teacher Training Course (TTC) is an advanced level yoga training program designed for individuals who have already completed a 200-hour Yoga Teacher Training (RYT 200) and wish to deepen their knowledge and practice.

Here's a general overview of what a typical 300-hour Yoga Teacher Training might involve:

1. Advanced Asana Practice

A deeper understanding and practice of asanas (yoga poses), including variations and alignment principles.

Exploration of more complex postures, including arm balances, inversions, and backbends.

2. Yoga Philosophy & Theoretical Knowledge

Advanced study of classical yoga texts like the Bhagavad Gita, Yoga Sutras of Patanjali, and Upanishads.

Exploration of concepts such as dharma, karma, meditation, and the 8 limbs of yoga.

3. Pranayama and Breathing Techniques

Learning and practicing advanced pranayama techniques.

Understanding how to use breathwork to deepen practice, enhance relaxation, and manage energy.

4. Anatomy & Physiology

An in-depth study of anatomy and how it relates to yoga.

Learning how to modify and adjust practices according to students' physical conditions.

5. Teaching Methodology

How to teach students with varying abilities and create a safe, inclusive space for yoga practice.

Developing advanced sequencing techniques and learning how to teach specific styles (vinyasa, hatha, restorative, etc.).

6. Meditation & Mindfulness

Exploring different meditation techniques such as mindfulness, guided meditation, and mantra chanting.

Understanding how to incorporate mindfulness and meditation into classes to deepen students' practice.

7. Business of Yoga

Learning about the business side of yoga, including marketing, managing classes, and building a career as a yoga teacher.

Ethical guidelines for teaching and interacting with students.

8. Personal Practice

You will likely be required to maintain and reflect on your own personal yoga practice throughout the training.

Developing a strong and balanced personal practice, both on and off the mat.

Format of the Online Course:

The course is typically divided into modules, each focusing on different aspects of the training.

Video lectures, reading materials, online discussions, assignments, quizzes, and live virtual sessions may be included.

Practice hours will be a part of the course requirement, where you will engage in personal practice or teach others.

You might be required to submit a teaching demo video, assignments, and written reflections.

After successful completion of the 300-Hour Yoga Teacher Training, you will be eligible to register as a RYT 500 (Registered Yoga Teacher) with Yoga Alliance, further expanding your opportunities to teach and lead yoga classes.

Make sure to verify the certification details with the specific school or organization offering the course, ensuring it is accredited by Yoga Alliance or another recognized body.

UNIT - 1 Foundation of Yoga

- 1.1 Etymology and Definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad).
- 1.2 Brief Introduction to origin, history and development of Yoga (Pre- Vedic period to contemporary times).
- 1.3 Yoga in Principle Upanishads.
- 1.4 Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga / Preksha meditation).
- 1.5 Yoga Tradition in Buddhism: concept of Aryasatyas (four noble truths). 1.6 Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana).
- 1.7 General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- 1.8 Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- 1.9 Guiding principles to be followed by the practioner.
- 1.10 Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- 1.11 Principles and Practices of Jnana Yoga.
- 1.12 Principles and Practices of Bhakti Yoga.
- 1.13 Principles and Practices of Karma Yoga.
- 1.14 Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskars and their significance in Yoga Sadhana.
- 1.15 Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.16 Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.17 Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.18 Introduction to Bandha & Mudra and their health benefits.
- 1.19 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.20 Introduction to Dhyana and its role in health and well being.

UNIT - 2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatusthaya and goal of human life.
- 2.2 Yoga in Kathopanishad, Prashanopanishad, Taittiriyaopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna (stages and characteristics) in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita as a synthesis of Yoga.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Introduction and highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- 2.7 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II-1 to 2, 46 to 55, III- 1 to 6).
- 2.8 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- 2.9 Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
- 2.10 Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- 2.11 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.12 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- 2.13 Concept of mental well-being according to Patanjali Yoga.
- 2.14 Hatha Yoga: Its origin, history and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.
- 2.15 Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- 2.16 Concept of Matha, Mitahara, Pathya & Apathya, Types of Aspirants.
- 2.17 Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
- 2.18 Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- 2.19 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- 2.20 Relevance and importance of Hatha Yoga practices in health and well being.

UNIT - 3 Yoga And Health

Introduction to Human Body – Anatomy and Physiology

- 3.1 Introduction to Human body.
- 3.2 Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.
- 3.3 Homeostasis: its mechanism to maintain internal environment of the body. 3.4 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.5 Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.

Yoga & Psychology

- 3.6 Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- 3.7 Definition and nature of Behavior, kinds of Behavior Motivation.
- 3.8 Emotions : definition, nature and physiological changes during Emotion. 3.9 Mental Health : Yogic view of Mental Health and Mental Illness.
- 3.10 Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

Yoga For Health And Wellness.

- 3.11 Yogic concept of health, wellness and illness.
- 3.12 Importance of psycho-social environment for health and wellness.
- 3.13 Role of Yoga in various dimensions (physical, mental, social and spiritual) of health.
- 3.14 Importance of following Dinacharya and Ritucharya for well being.
- 3.15 Role of Ahara, Nidra and Brahmacharya in wellness.

Yoga For Disease Prevention And Health Promotion.

- 3.16 Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagatam.
- 3.17 Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Anatrayas.
- 3.18 Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.
- 3.19 Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- 3.20 Yogic concept of Holistic Health and its importance in the management of Diseases

UNIT- 4 Applied Yoga

Yoga And Education

4.1 Education: Its meaning, definition and goal, role and importance of education in Human Excellence.

4.2 Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.

4.3 Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.

4.4 Contribution of Yoga towards Development of Values, Spiritual Growth. 4.5 Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

Yoga For Personality Development

4.6 Personality: Meaning and types of personality.

4.7 Determinants of Personality with reference to psycho-social environment. 4.8 Knowledge of various facets and stages of development of personality.

4.9 Personality Development; Role of spirituality and positive attitude in personality development.

4.10 Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.

Yogic management of stress and its Consequences

4.11 Definition, nature and types of stress.

4.12 Symptoms and consequences of stress on human mind.

4.13 Yogic perspective of stress. Yogic principles for the management of stress and its consequences.

4.14 Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.

4.15 Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.

Yoga for prevention and management of Life Style Disorders

4.16 Concept of Yogic life style and its relevance.

4.17 General knowledge about life style related disorders : Acidity , Constipation , Irritable bowel syndrome(IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.

4.18 Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.

4.19 Role of Yoga in prevention and management of non-communicable disorders. ^{PH}

4.20 Yoga as an integrative medication.

Yoga Practicals

5.1 Prayer ☒

- Concept and Recitation of Pranava ☒
- Concept and Recitation of Hymns ☒
- Selected universal prayers, invocations and Nishpatti Bhava.

5.2 Yogic Shat Karma ☒

- Neti: Sutra Neti and Jala Neti ☒
- Dhauti: Vamana Dhauti (Kunjil) ☒
- Kapalbhathi (Vatakrama)

5.3 Yogic Sukshma Vyayama and Sthula Vyayama Yogic Sukshma Vyayama(Microcirculation Practices) ☒

- **Neck Movement** - Griva Shakti Vikasaka (I,II,III,IV) ☒
- **Shoulder Movement** - Bhuja Valli Shakti Vikasaka - Purna Bhuja 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
- Yogic Sthula Vyayama(Macrocirculation Practices) ☒
- Sarvanga Pushti ☒
- Hrid Gati (Engine run)

5.4 Yogic Surya Namaskara with Mantra

5.5 Yogasana ☒ Tadasana, Hastottanasana, Vrikshasana ☒

- Ardha Chakrasana, Padahastanasana ☒
- Trikonasana, Parshva Konasana, Katichakrasana ☒
- Dandasana, Bhadrasana, Padmasana, Vajarasana, ☒
- Yogamudrasana, Parvatasana ☒
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana, ☒ Paschimottanasana, Purvottanasana ☒
- Vakrasana, Ardha Matsyendrasana, Gomukhasana ☒
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana ☒
- Pavanamuktasana and its variations ☒
- Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana ☒ Halasana,
- Chakrasana
- Sirshasana ☒
- Shavasana,

5.6 Preparatory Breathing Practices ☒

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

Yoga Practicals

- **5.7 Pranayama**
- Concept of Puraka, Rechaka and Kumbhaka ☒
- Ujjayee Pranayama (Without Kumbhaka) ☒
- Sheetali Pranayama (Without Kumbhaka) ☒
- Sitkari Pranayama (Without Kumbhaka) ☒
- Bhramari Pranayama (Without Kumbhaka)

- **5.8 Concept and Demonstration of Bandha and Mudra**
- a) Bandha
 - ☒ Jalandhara Bandha ☒
 - Uddiyana Bandha ☒
 - Mula Bandha

- b) Mudra
 - ☒ Yoga Mudra ☒
 - Maha Mudra ☒
 - Vipareetakarani Mudra

- **5.9 Practices leading to Dhyana Sadhana** ☒
- Body awareness and Breath awareness ☒
- Yoga Nidra ☒
- Antanmauna ☒
- Recitation of Pranava and Soham ☒
- Recitation of Hymns ☒
- Practice of Dhyana

Yoga Practicals

- **5.10 Methods of Teaching & Evaluation** ☒
- Teaching methods with special reference to Yoga ☒
- Factors influencing Yoga teaching ☒
- Need of teaching practice and its use in Yogic practice. ☒
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation ☒
- Methods of teaching Yoga to an individual, small group and large group ☒
- Use of audio-visual aids, ICT, multimedia and online resources ☒
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation ☒
- Lesson plan: Its meaning and need ☒
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group ☒
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana. ☒
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment and evaluation: concepts, principles and applications ☒
- Examination reforms and designing formative and summative evaluation
- Programme evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher ☒
- Assessment of yoga centres and institutes- criteria, processes, instruments, results

Yoga Practicals