



FOUNDATION COURSE · TAPOVAN · RISHIKESH

100 Hour Yoga Teacher Training

A 12-day beginner-friendly immersion in Hatha and Ashtanga Vinyasa in the yoga capital of the world — and the first half of your RYT 200.

12

days residential

Beginner

no experience needed

10–15

students per batch

\$800

from, all inclusive

New batch 2nd–12th of every month

divinepathretreat.com · +91 88680 43473

THE COURSE

Your first step on the path to teaching

This 100 hour yoga teacher training is a 12-day multi-style course at our Divinepath campus in Tapovan, Rishikesh. It covers the foundations of Hatha and Ashtanga Vinyasa, pranayama, meditation, philosophy, anatomy and teaching methodology. It is open to complete beginners — all you need is motivation, self-discipline and the commitment to attend every session. Complete it as a standalone immersion, or as Part 1 of your 200-hour training.



At a glance

Duration	12 days, residential
Dates	2nd–12th of every month
Check-in / out	10:00 AM / 12:00 PM
Styles	Hatha & Ashtanga Vinyasa
Level	Beginner — no experience needed
Certificate	100-Hour Certificate of Completion
Group size	10–15 students
Language	English
Airport	Dehradun Jolly Grant (DED)
School	Yoga Alliance RYS 200, ID 457520

Your fee includes

- ✓ 12 days of tuition
- ✓ Course manual and materials
- ✓ Yoga mats and props on site
- ✓ Shared or private cottage room
- ✓ Three sattvic meals a day
- ✓ Daily pranayama and meditation
- ✓ Weekend and local excursions
- ✓ Ganga Aarti visit
- ✓ 100-Hour Certificate of Completion

Not included: flights and the Indian visa.

What you will learn

- 30+ Hatha postures with alignment and modifications
- Ujjayi, Kapalabhati and Nadi Shodhana breathing
- Shatkarma cleansing, mudras and bandhas
- Anatomy for a safe practice
- The opening of the Ashtanga Primary Series
- Four styles of meditation
- Yoga Sutras and Bhagavad Gita basics
- How to sequence and plan a class

Your path to RYT 200

This course is Part 1 of our 200-hour training. Come back to Rishikesh or our Goa campus later to complete the second 100 hours, then register as a Yoga Alliance RYT 200 teacher.

CURRICULUM

A day in the training

06:00	Wake up
07:00 – 08:00	Pranayama / Meditation
08:30 – 10:00	Asana
10:00 – 11:00	Breakfast
11:00 – 12:00	Alignment
12:00 – 13:00	Teaching Methodology
13:00 – 14:00	Lunch
14:00 – 15:30	Break / Self-study
15:30 – 17:00	Asana
17:00 – 18:00	Anatomy
18:00 – 19:00	Philosophy
19:30	Dinner



HATHA

Asana foundations

- Surya Namaskar and the Warrior series
- 30+ postures with alignment cues
- Seated and restorative poses, with modifications

ASHTANGA VINYASA

Introduction to the Primary Series

- Opening sequence of the Primary Series
- Vinyasa counting and drishti (gaze points)
- Steady, breath-led practice

Pranayama

Ujjayi, Kapalabhati, Nadi Shodhana

Meditation

Himalayan, healing, crystal and sound

Shatkarma

The six yogic cleansing practices

Mantra, Mudras & Bandhas

Chanting, gestures and Mula Bandha

Philosophy

Yoga Sutras and the Bhagavad Gita

Teaching Methodology

Sequencing, safe adjustments, lesson plans

STAY ON CAMPUS

Rooms with a view of the Himalayan foothills

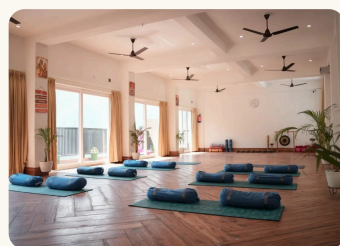
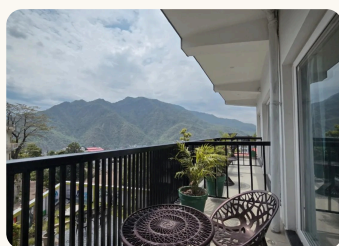
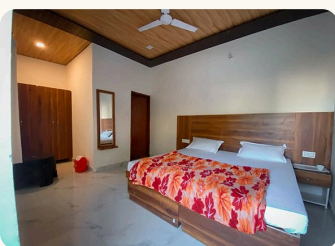
Stay in cottage-style rooms on our Tapovan campus, with the yoga hall and dining room close by. Every room has an ensuite bathroom with hot water, towels and housekeeping — and many look out over the mountains.

**Private room****USD 900**

Double or twin bed, ensuite bathroom, mountain view

**Shared room****USD 800**

Twin beds, ensuite bathroom, hot water

**Timings**

Check-in 10:00 AM

Check-out 12:00 PM

Campus facilities

Yoga studio · Free Wi-Fi

Laundry · Swimming pool · Garden

In your room

Ensuite bathroom & hot water

Towels & housekeeping

**MEALS**

Three sattvic meals a day

Breakfast, lunch and dinner are freshly cooked vegetarian sattvic food — light, nourishing and made to support long practice days. Please tell us about any allergies when you book.

YOUR FACULTY

Learn from Rishikesh-trained teachers



Yogi Rajesh Ji

Lead Hatha & Alignment

Teaching since around 2011. Safe foundations and alignment for beginners.



Yogi Naveen Ji

Lead Ashtanga & Vinyasa

Teaching since around 2011. Focus on breath, movement and flow.



Jagjeet Singh Ji

Lead Philosophy & Meditation

Classical philosophy and meditation for modern students.

Excursions — included

**Ganga Aarti**

Evening ceremony on the river

**Kunjapuri sunrise**

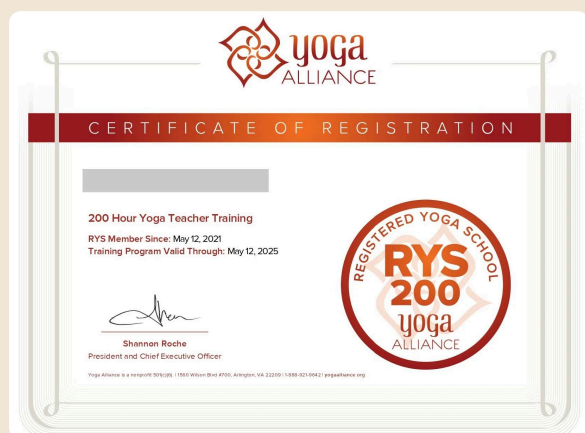
Temple trek above the valley

**Vashishtha Cave**

Meditation in an ancient cave

**Waterfall hike**

A refreshing forest walk



CERTIFICATION

100-Hour Certificate of Completion

Awarded by Divinepath, a Yoga Alliance Registered Yoga School (RYS 200, ID 457520). Complete a second 100 hours with us in Rishikesh or Goa to finish your 200-hour training and register as RYT 200.

Where it leads

- A strong, safe personal practice
- Continue to our 200, 300 or 500-hour courses
- Part 1 of your RYT 200 certification
- Train in Rishikesh, Goa or Bali

DATES & FEES

A new batch every month

SHARED ROOM

USD 800

25% deposit: \$200

PRIVATE ROOM

USD 900

25% deposit: \$225

A **25% deposit** secures your seat; the balance is paid on arrival. **Early bird: book 6+ months ahead and save an extra 5%.**

EVERY MONTH

Year-round batches

COURSE STARTS

2nd of the month

COURSE ENDS

12th of the month

Cancellation & changes

- 30+ days before start: 100% refund
- Under 30 days: not refundable
- One free move to a later batch, up to 7 days before start (genuine reason)
- No-show, late arrival or early departure: no refund
- If we cancel: full refund or free reschedule within 12 months

Good to know

- Most nationalities travel on an Indian tourist e-Visa
- No meat, fish, eggs, alcohol, tobacco or drugs
- Attend every session — late arrivals miss the class
- Course rooms are for enrolled students only
- Declare allergies and injuries when booking

HOW TO BOOK

Reserve your seat today

1. Choose your month and room · 2. Pay the 25% deposit online · 3. We confirm your place

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