



TAPOVAN · RISHIKESH · HIMALAYAN FOOTHILLS

200 Hour Yoga Teacher Training

A 25-day residential Ashtanga & Vinyasa course in the yoga capital of the world.
Live, practise and learn on one campus — and leave certified to teach.

25
days residential

RYT 200
Yoga Alliance

Max 15
students per batch

\$950
from, all inclusive

New batch 1st–25th of every month

divinepathretreat.com · +91 88680 43473

THE COURSE

Train where yoga was born — on the banks of the Ganga

This 200 hour yoga teacher training is a 25-day Ashtanga and Vinyasa multi-style course at our Divinepath campus in Tapovan, near Lakshman Jhula. It is registered with Yoga Alliance (RYS 200) and recognised globally. It is built for beginner to intermediate students — no teaching experience is needed, though a regular practice helps. Expect an intense, rewarding month: classes run roughly 7:00 am to 7:00 pm with meal and rest breaks.



At a glance

Duration	25 days, residential
Dates	1st–25th of every month
Styles	Ashtanga & Vinyasa
Level	Beginner to intermediate
Certificate	Yoga Alliance RYT 200
Group size	Maximum 15 students
Language	English
Check-in / out	1st, 10:00 am / 25th, 12:00 pm
Airport	Dehradun Jolly Grant (DED), ~20 km
Pickup	Complimentary taxi from DED

Your fee includes

- ✓ Ashtanga & Vinyasa classes
- ✓ Daily pranayama & meditation
- ✓ Mantra chanting & shatkarma
- ✓ Private or shared ensuite room
- ✓ Three sattvic meals a day
- ✓ Course materials
- ✓ Weekend local sightseeing
- ✓ Dehradun airport pickup
- ✓ Yoga Alliance RYT 200 certificate

Not included: flights, Indian visa, travel insurance and laundry.

What you will learn

- Practise the Ashtanga Primary Series, then cue it for beginners
- Pranayama — then lead a short breath session
- Yoga anatomy and an introduction to Ayurveda
- Teaching practicum with mentor feedback
- Alignment and safe hands-on adjustments
- Yoga Sutras, Bhagavad Gita & Upanishads
- Daily meditation with your asana faculty
- Sanskrit pronunciation of asana names

Is it right for you? Yes, if you can live on campus for 25 days and follow the full timetable. It is a training, not a holiday — and if you already hold RYT 200, our 300-hour course is the better fit.

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

Typically 6–7 classes a day, with meal and rest breaks between.



Syllabus modules

Asana & Vinyasa Flow

Sequencing, teaching structured classes, correcting common mistakes.

Alignment & Adjustment

Sun Salutations, Primary Series, props, knees and feet.

Pranayama

Breath control as the foundation of practice.

Shatkarma

Jal & Sutra Neti, Trataka, Kapalbhati, Kunjal.

Meditation

Himalayan, healing, crystal and sound meditation.

Mantra, Mudras & Bandhas

Chanting, energy gestures and body locks.

Anatomy

Teach safely and modify for injuries.

Philosophy

Body, mind and spirit; lifestyle and ethics.

Teaching Methodology

Lesson plans, cueing, class environment.

Your 25 days, week by week

Week 1 · Days 1–9

Arrival, campus rhythm, foundations, morning Shatkarma.

Week 2 · Days 10–16

Anatomy and methodology deepen; Ashtanga pace builds.

Week 3 · Days 17–23

Practice teaching full sequences with feedback.

Week 4 · Days 24–25

Assessments, certificate and closing practice by the Ganga.

STAY ON CAMPUS

Rooms with a view of the Himalayan foothills

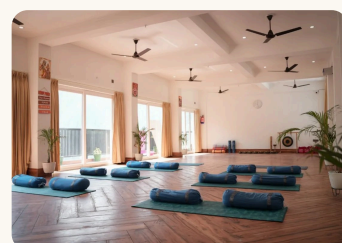
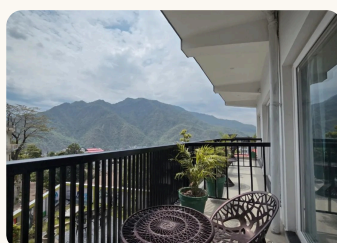
Our Tapovan campus near Lakshman Jhula puts your room, the yoga shala and the dining hall in one building. Every room has an ensuite bathroom, hot water, towels, housekeeping and Wi-Fi — many with balconies looking out over the mountains.

**Private room****USD 1,300 · Rs 50,000**

Double or twin bed, ensuite bathroom, mountain balcony

**Shared room****USD 950 · Rs 40,000**

Twin beds, ensuite bathroom, hot water

**Timings**

Check-in 10:00 AM

Check-out 12:00 PM

Campus facilities

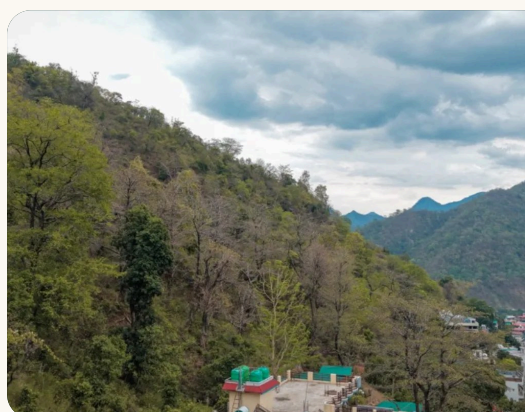
Yoga studio · Free Wi-Fi

Laundry · Swimming pool · Garden

In your room

Ensuite bathroom & hot water

Towels & daily housekeeping

**MEALS**

Three sattvic meals a day

Freshly cooked in our own kitchen, in the same building as your classes. Vegetarian, no onion or garlic — fruit, grains, vegetables and some dairy such as paneer, to keep digestion light on long practice days. Breakfast follows morning asana; lunch and dinner are on campus. Tell us about any allergies when you book.

YOUR FACULTY

Learn from Rishikesh-trained teachers



Yogi Naveen Ji

Lead Ashtanga & Vinyasa

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



Yogi Rajesh Ji

Lead Alignment Teacher

15+ years of teaching. Safe foundations and alignment for beginners.



Jagjeet Singh Ji

Lead Philosophy & Meditation

Classical philosophy and meditation for modern students.

Weekend excursions — included

**Ganga Aarti**

Evening fire ceremony on the river

**Kunjapuri sunrise**

Temple sunrise above the valley

**Waterfall hike**

Nature walk when the batch schedule allows



CERTIFICATION

Yoga Alliance RYT 200

Divinepath is a Yoga Alliance Registered Yoga School (RYS 200, School ID 457520). Complete the hours and assessments to receive your certificate, then register as RYT 200 — recognised by studios worldwide.

After the course

- Teach drop-in classes at a studio or gym
- Assist or teach a subject at a yoga school
- Organise retreats or work at a retreat centre
- Continue to our 300-hour course for RYT 500

We recommend about six months of your own practice before taking on a full teaching load.

DATES & FEES

A new batch every month

SHARED ROOM

USD 950

Indian residents Rs 40,000 · Deposit \$238

PRIVATE ROOM

USD 1,300

Indian residents Rs 50,000 · Deposit \$325

Fees cover tuition, room, three meals, materials, weekend outings, airport pickup and certificate. A **25% deposit** secures your seat. **Early bird: book 6+ months ahead and save an extra 5%.**

Upcoming batches · 1st–25th

Nov 2026

Dec 2026

Jan 2027

Feb 2027

Mar 2027

Apr 2027

May 2027

Jun 2027

Jul 2027

Aug 2027

Sep 2027

Oct 2027

Cancellation & changes

- 30+ days before start: 100% refund of fees paid
- Under 30 days: not refundable
- One free move to a later batch, up to 7 days before start (genuine reason)
- No-show without notice: booking forfeited
- If we cancel: full refund or free reschedule within 12 months

Campus guidelines

- No meat, fish, eggs, tobacco or alcohol on campus
- Attend every scheduled class — and be on time
- Inform the kitchen if you are fasting
- Guests may stay by renting a separate room
- Share injuries with admissions before arrival

HOW TO BOOK

Reserve your seat today

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

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