



ADVANCED TRAINING · TAPOVAN · RISHIKESH

300 Hour Yoga Teacher Training

A 28-day intermediate course in advanced Ashtanga Vinyasa, anatomy and the art of teaching — your path to RYT 500, on the banks of the Ganga.

28

days residential

RYT 500

registration path

10–15

students per batch

\$1,250

from, all inclusive

New batch 1st–28th of every month

divinepathretreat.com · +91 88680 43473

THE COURSE

Deepen your practice. Refine how you teach.

This 300 hour yoga teacher training is a 28-day intermediate, multi-style course at our Divinepath campus in Tapovan, near Lakshman Jhula. Daily Vinyasa Flow and Ashtanga Vinyasa sit alongside advanced sequencing, applied anatomy, philosophy, meditation and the business of yoga — so you leave as a more confident, skilled and independent teacher. Groups stay small, at 10 to 15 students.



At a glance

Duration	28 days (26 nights)
Dates	1st–28th of every month
Classes	2nd–27th
Styles	Ashtanga Vinyasa & Vinyasa Flow
Level	Intermediate
Certificate	300-hour, Yoga Alliance registered school
Group size	10–15 students
Language	English
Airport	Dehradun Jolly Grant (DED)
Pickup	Complimentary from DED

Your fee includes

- ✓ Shared or private room, attached bathroom
- ✓ Three sattvic meals a day
- ✓ Daily Ashtanga / Vinyasa, pranayama & meditation
- ✓ Opening & closing ceremony, welcome meal
- ✓ Syllabus manual and Shatkarma kit
- ✓ Yoga mat and water refills
- ✓ Two visits to local spiritual places
- ✓ 24-hour hot water and free Wi-Fi
- ✓ Dehradun airport pickup

Not included: flights, Indian e-Tourist visa and travel insurance.

Who is it for?

Intermediate practitioners and teachers who want to go deeper. You do not need a 200-hour certificate to join this course. To register as **RYT 500** with Yoga Alliance you will need your 200-hour certificate, this 300-hour certificate and 100 hours of teaching after your 200-hour training. New to yoga teaching? Start with our 200-hour course.

CURRICULUM

A day in the training

06:30 – 07:30 Pranayama & Shatkarma

07:30 – 09:00 Vinyasa Flow

09:00 – 10:00 Breakfast

10:00 – 11:00 Yoga Philosophy

11:10 – 13:15 Alignment & Teaching Methodology

13:15 – 14:15 Lunch

14:15 – 16:00 Rest / Self-study

16:00 – 17:00 Yoga Anatomy

17:15 – 18:30 Ashtanga Vinyasa

18:30 – 19:30 Meditation

19:30 – 20:30 Dinner



MODULE 1

Advanced Ashtanga Vinyasa & Teaching

- Advanced sequencing and class themes
- Teaching effective Vinyasa; educational theory
- Creating private and group classes
- Verbal instruction and pose analysis
- Yoga specialty areas; building trust with students
- Train the trainer

MODULE 2

Anatomy, Alignment & the Business of Yoga

- Individual anatomy and skeletal variation
- Props, adjustments; tension vs. compression
- Advanced muscular function and kinesiology
- Pranayama, meditation and mindfulness
- Five-element theory
- Marketing your teaching and next steps

Assessment: a small number of written and practical assignments, shaped to each group, alongside teaching practice with mentor feedback.

STAY ON CAMPUS

Rooms with a view of the Himalayan foothills

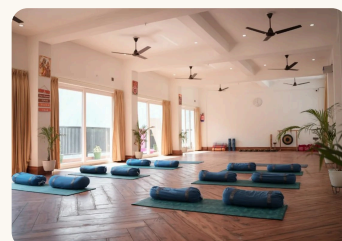
Your room, the yoga hall and the dining room are all in one Tapovan building near Lakshman Jhula, a short walk from the market. Every room has an attached bathroom, hot and cold water around the clock and free Wi-Fi — many with balconies over the mountains.

**Private room**

Single occupancy, attached bathroom, mountain balcony

USD 1,350**Shared room**

Double sharing, twin beds, attached bathroom

USD 1,250**Arrival**

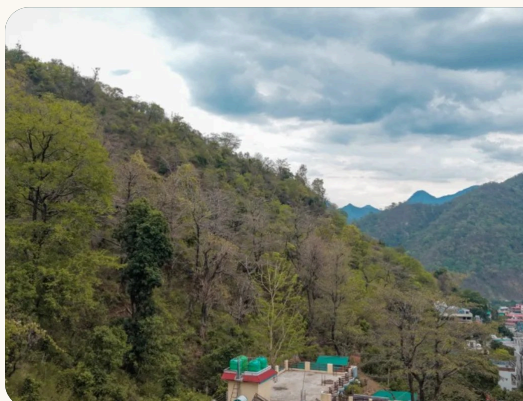
Check-in on the 1st
Check-out on the 28th

Campus

Large yoga hall · Free Wi-Fi
Dining room · Market nearby

In your room

Attached bathroom
Hot & cold water 24 hours

**MEALS**

Three sattvic meals a day

Breakfast, lunch and dinner are cooked fresh on campus — vegetarian, light and nourishing for long practice days. Please tell us about any allergies when you book, and let the kitchen know before any fasting day.

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

Teaching since around 2011. Safe foundations and precise alignment.



Jagjeet Singh Ji

Lead Philosophy & Meditation

Classical philosophy and meditation for modern students.

Ceremonies & excursions — included

**Opening & closing ceremony**

With a welcome meal for the group

**Kunjapuri sunrise**

Temple sunrise above the valley

**Local spiritual visits**

Two outings to sacred sites nearby



CERTIFICATION

300-hour certificate → RYT 500

Divinepath is a Yoga Alliance registered school (ID 457520). Complete the hours and assignments to receive your 300-hour certificate. Combined with a 200-hour certificate and 100 teaching hours, it lets you register as RYT 500.

After the course

- Teach intermediate and advanced classes
- Run your own retreats
- Lead workshops or assist on trainings
- Open a school and apply to register it with Yoga Alliance

DATES & FEES

A new batch every month

SHARED ROOM

USD 1,250

25% deposit: \$313

PRIVATE ROOM

USD 1,350

25% deposit: \$338

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

CHECK-IN

1st of the month

CHECK-OUT

28th of the month

Cancellation & changes

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

Good to know

- Travel on an Indian **e-Tourist visa**
- No meat, fish, eggs, alcohol, tobacco or drugs
- Rooms are for the booked student only
- Declare allergies and injuries when booking
- Attend every scheduled class, on time

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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