



TEACHER TRAINING 300 HOURS

BINDUSARYOGA RISHIKESH



Welcome To The Course

Bindusar Yoga® 300-hour yoga course is for students/teachers who have already completed a 200-hour Yoga Alliance® approved certification program and want to take their education to the next level.

The program consists of 25 days of intensive yoga teacher training which provides the in depth instructional hours required for Yoga Alliance® RYT 500® Certification in Rishikesh, India.

[LEARN MORE](#)

Who This Training Is For -

- Certified 200-Hour Yoga Teachers (any tradition or school)
- Practitioners ready to refine their physical, philosophical, and energetic understanding
- Teachers wanting to offer more precise adjustments, advanced classes, and therapeutic modifications
- Students who seek immersion in traditional yoga and Ayurveda under Indian guidance





What Do You Know About Our School?

- Rooted in yoga tradition- The birthplace of yoga
- Experienced teachers - 20+ years of international teaching team
- Complete curriculum - Includes in depth of yoga and teaching
- Affordable excellence - High quality at a fair price
- Our international experience of years in west and asia
- Offering regular courses in India, Bali and Europe



Course content

Practice

- Master Vinyasa Krama, Ashtanga, Hatha & Flow – deepen practice with advanced sequencing.
- Teach Advanced Poses with Confidence – learn safe progressions & hands-on adjustments.
- Create & Lead Successful Workshops – gain tools to design unique yoga experiences.
- Advanced Anatomy Made Practical – apply body knowledge directly to teaching.
- Personal Mentorship – refine your teaching style with guidance from experienced faculty.

Key takeaway

Go beyond 90 minutes classes

Elevate your teaching — guide students into deeper practice and higher levels of growth like into workshops, courses or yoga retreats.

Motivation in practice

Vinyasa Krama, Ashtanga, Flow and Hatha yoga, Mastering advance yoga pose teaching skills, ability of create successful workshops, understanding of advance anatomical learning, hands on adjustments.



Practical Practice

Vinyasa (80 h)

- **Vinyasa & Related Styles** – Krama, Ashtanga, and Flow taught with intelligent sequencing.
- **Master Your Sequences** – Learn to design and refine unique, effective class flows.
- **Teach with Confidence** – Gain the skills to deliver your sequences with clarity and impact.

Hatha (60 h)

- **Classical Hatha** – asana, pranayama, bandha, mudra, meditation.
- **Restorative Yoga** – calming, therapeutic, and healing practices.
- **Alignment & Adjustments** – safe, precise, hands-on guidance.
- **Confident Teaching** – share both dynamic and restorative practices with ease

Yoga therapy (30 h)

- **Heal with Yoga** – asana, breath & meditation for recovery.
- **Ayurveda Concepts** – doshas, diet, lifestyle & seasonal balance.
- **Holistic Approach** – blend yoga & Ayurveda to bring health and vitality





Traditional Texts

**4
books**

Practically applied Yoga Sutra, we are unique in teaching it. Every word of Patanjali resonates in your daily life and teaching. Methods from Hatha Yoga and Ayurveda.





What's Included



- 30 days of immersive yoga training in Rishikesh
- 3 vegetarian Ayurvedic-inspired meals daily, herbal teas & coffee
- 26 nights accommodation (shared or private room)
- All study materials and manuals
- Yoga Alliance RYT-300 Certificate
- Mentorship from experienced Indian faculty
- Temple visit & Ganga experience
- Post-training support for teaching & self-practice



Dates and Price

October 15 - November 14, 2026

2090 USD (Shared room)

2350 USD (Private room)

Register your place with a deposit of 400 USD.

Early bird (Get 1950 USD (Shared), if booked 60 days prior to the course)

All room options include 3 meals, teas, and all tuition materials.

Contact us-



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www.bindusaryoga.com



WestLuxmanjhoola, Rishikesh, India



FAQs

TTC 300

Why Rishikesh?

It's the birthplace of yoga, with the Himalayas and Ganga creating a unique, transformative energy.

What styles will I learn?

Vinyasa Krama, Ashtanga, Hatha, Flow, Restorative, Yoga Therapy, and Ayurveda , all rooted in the Yoga Sutras.

Do I need to be advanced?

No. If you've completed a 200-hour TTC, this course will deepen your practice and teaching ; regardless of how advanced your poses are. But you should be capable of doing ashtanga half led at least.

What's included in the fee?

Tuition, study materials, accommodation, 3 daily vegetarian meals teas, and coffee and 2 local excursions.

How many students per group?

Maximum 18 students; so you receive personal attention and guidance.

Is the certificate recognized internationally?

Yes, it's Yoga Alliance certified 300 hours, so you can teach worldwide and be an RYT 500..

What's the daily schedule like?

Morning meditation & practice, lectures, anatomy, teaching methodology, evening satsangs, with Sundays free.

FAQs

Rishikesh India

How do I get there?

Fly to New Delhi, then take a short flight/train/taxi to Dehradun. We can arrange pickup to Rishikesh.

Can I explore Rishikesh?

Yes, Sundays are free for temple visits, Ganga dips, cafés, and Himalayan walks.

Why Bindusar Yoga?

Because we unite authentic tradition, experienced faculty, small groups, and a holistic curriculum, with deep experience in understanding the Western student's mind and body, we offer more than a certificate, we offer a true yogic journey.

Is Rishikesh safe?

Yes. Rishikesh is a peaceful spiritual town. It welcomes thousands of international students each year and is considered one of the safest places in India.