Arhanta Yoga
ASHRAMS

BECOME A CERTIFIED YOGA TEACHER IN 21 DAYS

200 HOUR YOGA TEACHER TRAINING COURSE



ARHANTA YOGA ASHRAM
INDIA

ARHANTA YOGA ASHRAM
NETHERLANDS

www.akhantayoga.org

APPLY NOW

THE COURSE

21 DAYS INTENSIVE YOGA TEACHER TRAINING IMMERSION

This course is an intensive training to become a professional and worldwide accredited yoga teacher in 21 days. The course is designed only with one goal in mind: to make you a more confident yoga teacher. Our 200 hour Yoga teacher training is a professional course that deals with in-depth knowledge of Classical Yoga. This comprehensive course is ideal for people who wish to pursue teaching as a career or advance further in their yoga journey. It gives you the unique opportunity to learn authentic yoga from Indian teachers in the traditional 'Gurukul' system at one of our Yoga ashrams in India or The Netherlands.

It is a tried-and-tested course which has been developed and refined over the last 15 years. After the course you will be able to teach yoga with confidence and proper certification. This is our guarantee!

You will spend 21 days at our beautiful Yoga ashram. You will eat healthy vegetarian meals cooked with love and care. You will be completely immersed in the yogic lifestyle, philosophy & practice of yoga and meditation. You will share the space with other like-minded people from different parts of the world, who by the end will become like a family to you.

The serene atmosphere of our ashrams will help you focus on the training and therefore you will learn and grow beyond your expectations. Most of our students are surprised by how much they learn in such a short period. And once you have completed the course, we are still there for you with our **post-course support and mentoring.**

> *"I really enjoyed the teaching methods during the course. I saw my development and growth day by day. It is an intense experience and at the same time with pleasure and good moments and laughter. The teachers are one of the strongest points of the course; they know how to transmit the content in an easy and clear way.*
>
> *Now I am confident to start my classes, highly recommended if you want to learn to teach yoga!"*



Debbie - Switzerland



COURSE HIGHLIGHTS

DURING OUR 200 HOUR YOGA TEACHER TRAINING COURSE YOU WILL:

- Benefit from a well-rounded, time-proven curriculum which includes 170 Hatha Yoga asanas, in-depth yogic philosophy, extensive yoga anatomy, daily pranayama & meditation, and much more
- Become confident to teach with 60 hours hands-on teaching practice
- Acquire expert teaching skills as you learn how to give proper instructions, and how to apply corrections and modification techniques
- Learn how to sequence yoga postures and create classes with specific goals and themes
- Learn how to teach people of different ages, backgrounds and body types
- Receive a worldwide accredited yoga teacher certification in 21 intensive days
- Be fully immersed in the yogic lifestyle as you study at a traditional yoga ashram
- Receive guidance for how to start your own yoga school / yoga studio

INDIA

--------2026--------

1 Nov – 21 Nov

26 Nov – 16 Dec

--------2027--------

04 Jan - 24 Jan

28 Jan - 17 Feb

21 Feb - 13 Mar

THE NETHERLANDS

---------2026---------

23 Mar – 12 Apr

4 May – 24 May

1 Jun – 12 Jun (Hybrid)

13 jul – 2 Aug

10 Aug – 30 Aug



APPLY NOW

CERTIFICATION & ACCREDITATION

The Arhanta Yoga teacher training is spread over four weeks of intensive yoga training covering 240 hours in total. Therefore our teacher training courses exceed the international standards of a 200 hour yoga teacher certification.

Our teacher certification is accredited by Yoga Alliance, International Yoga Federation, European Yoga Association and CRKBO, and it is also accepted by all major yoga federations worldwide. After completion, you can also follow our 300 hour yoga teacher training in Europe to get your 500 hour certification.

COURSE CURRICULUM

YOGA ASANAS: PRACTICE & TEACHING

You will get 60 hours of hands-on teaching practice under the direct supervision of our teachers. This unique aspect of our courses will give you confidence to start teaching yoga right away. Therefore our 200 hour Hatha Yoga certification course is ideal for aspiring teachers. It is however also of great value for anyone who primarily wants to have a good foundation in yoga and deepen their own practice.

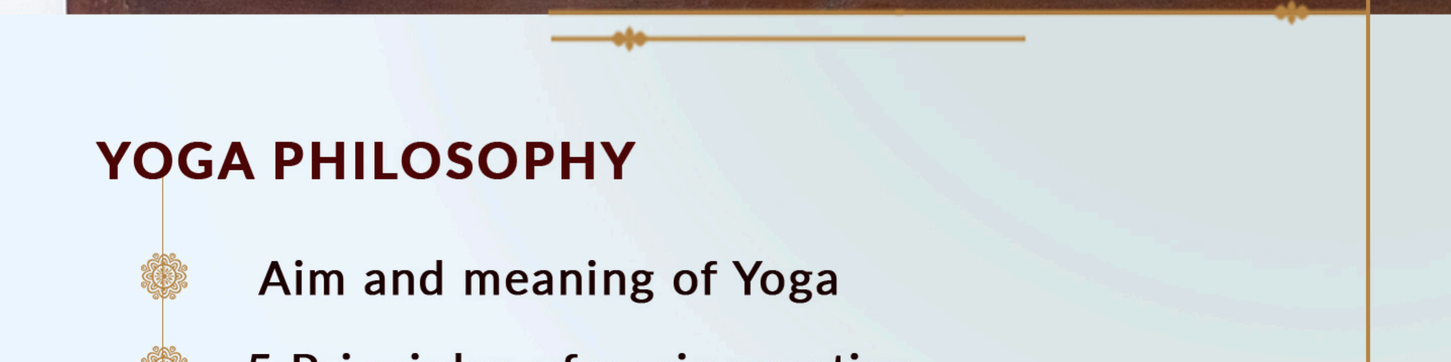
- 170+ classical Hatha Yoga poses
- How to teach 84 classical poses and 21 foundational Hatha Yoga poses in detail
- Understanding & teaching the Sun Salutations
- How to structure a beginner's course and open yoga classes
- Yoga asana variations for beginners and elementary levels
- Yoga asana modifications for elderly people and people with limited movements
- Yoga for pregnant women
- How and when to modify asanas
- Guided deep relaxation / Yoga Nidra
- Yoga for kids & Chair Yoga



TEACHING METHODOLOGY & PRACTICE

- Psychology of a teacher
- Psychology of a student
- How to create a proper class environment
- Art of instruction (Voice tone & modulation)
- Art of adjustments
- Correction and guidance techniques
- Motivation techniques
- Communication techniques
- Structuring and planning classes & workshops
- Ethical guidelines for a yoga teacher
- Daily 3 hours hands on teaching practice







YOGA PHILOSOPHY

- Aim and meaning of Yoga
- 5 Principles of yogic practice
- 4 Paths of Yoga: Karma, Bhakti, Jnana and Raja Yoga
- 8 Limbs of Raja yoga
- 7 Stages of awareness
- 3 Gunas: Sattva, Rajas and Tamas
- Maya, Prakriti, Brhaman, Avidya and Ahamkara
- Atman, Parmataman and Jiva
- 3 Bodies: physical, astral and spiritual
- 4 Inner instruments: mind, intellect, subconscious, ego
- Working & limitations of the mind
- 5 Major and 5 minor pranas
- Kundalini Yoga
- Awakening of the Kundalini shakti
- 3 Main Nadis: Ida, Pingla and Sushumna
- Seven Chakras
- Karma & Reincarnation

PRANAYAMA

- Understanding Abdominal Breathing
- Understanding full Yogic Breath
- Understanding Ujjayi Breath
- Preparatory Pranayamas
- 3 Bandhas: Jalandhara, Moola and Uddiyana
- Daily practice of 8 Pranayamas





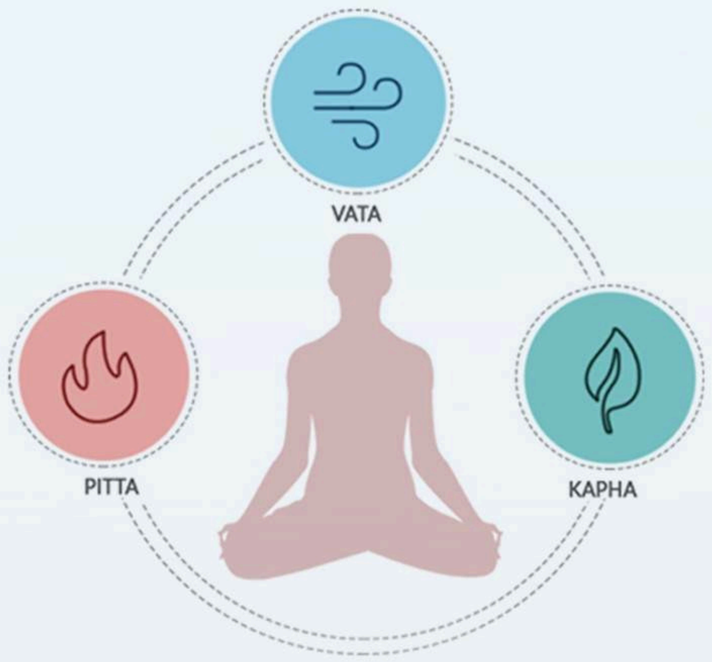
MEDITATION

- What is meditation
- Meditation versus concentration
- Why meditate?
- Guide to proper meditation
- Different methods and steps to meditation
- Mantra initiation and chanting
- Daily practice of meditation

YOGA ANATOMY & PHYSIOLOGY

- Musculoskeletal system
- Spine and its common disorders
- Physiology of main muscles
- Primary archetypes of asanas
- Understanding major muscles like psoas, abductors etc.
- Asanas & their respective target muscle groups
- Difference between yoga & other physical exercises
- Injury prevention and cures
- Alignments, adjustments & modifications using anatomy principles





AYURVEDA

- Five primary elements and their properties
- Understanding the 3 Doshas: Vata, Pitta and Kapha
- Right nutrition for each Dosha

YOGA AS A CAREER

- How to set up your yoga business or yoga studio
- How to: find location, advertise and promote, get renewals
- Common fallback and mistakes and how to avoid them
- Practical tips for the smooth running of a yoga school / studio
- How to find a yoga teacher job



GURUKULA SYSTEM

At both of our ashrams, you will follow the ancient Gurukula' system of education. This system is based on the philosophy that students study and live alongside their mentors at the residential center to help them absorb moral values and life skills during their education. This system helps to build a strong bond of trust and dedication between the teachers and the students , facilitating a smooth flow and proper understanding of the teachings.

Staying at the ashram for four weeks helps you to take a step back from external distractions and allows you to focus and learn at your full potential.

YOGA ASANAS: PRACTICE & TEACHING

- 06:00 AM Meditation & Pranayama
- 07:15 AM Breakfast
- 08:15 AM How to teach
- 11:30 AM Lunch
- 12:00 PM Karma Yoga
- 13:00 PM Lecture (Philosophy / Anatomy)
- 15:15 PM Asana Class
- 17:30 PM Dinner
- 19:00 PM Evening Program
- 20:00 PM Herbal Tea
- 21:30 PM Lights out



LOCATIONS & ACCOMMODATIONS

ARHANTA YOGA ASHRAM INDIA

The Arhanta Yoga Ashram India is spread over 17 acres of green land and located in a safe and peaceful environment near the ancient city of Khajuraho in Central India. The Khajuraho airport is situated at 14 km from the ashram and the train station at 12 km. Complementary pickup and drop off at the Khajuraho airport and train station is available.

FACILITIES AT ARHANTA YOGA ASHRAM INDIA

- Simple and clean accommodation (single rooms and double shared rooms). All rooms have attached bathrooms. The bathrooms are equipped with western toilet seats and cold showers. Hot water is also available duringwinter season. All windows and beds have mosquito nets installed;
- Two yoga halls covering more than 220 square meter and 170 square meter;
- Three pure vegetarian meals per day (breakfast, lunch, dinner) & herbal tea;
- RO filtered safe drinking water (as safe as bottled water);
- Ashram boutique (yoga mats, meditation cushions, shawls, toiletries and more at actual cost prices);
- Limited internet (the speed and connectivity is dependent on the service provider as well as many other factors like weather etc.);
- International phone facility.



LOCATIONS & ACCOMMODATIONS

ARHANTA YOGA ASHRAM NETHERLANDS

The Arhanta Yoga Ashram Netherlands is spread over 4 acres of green land and located near the city of Arnhem in the beautiful province of Gelderland. The Yoga ashram is well-connected to Amsterdam (Schiphol) and other Dutch Airports through public transport.

FACILITIES AT ARHANTA YOGA ASHRAM IN THE NETHERLANDS

- Single, double and dormitory accommodations;
- Three pure vegetarian nutritious meals served daily (80% organic);
- A spacious Yoga Hall for lectures and practices;
- More than three acres of garden;
- Laundry facilities; and
- Beautiful and peaceful surroundings.



GETTING THERE IS EASY

HOW TO GET THERE: ARHANTA YOGA ASHRAM INDIA

PLANNING YOUR JOURNEY

The easiest way to get to the Arhanta Yoga Ashram in Khajuraho is to fly to New Delhi Indira Gandhi International Airport. From there you can either take a domestic flight or a train to Khajuraho. For adventurous travelers there is also a bus. We advise to look at the international and domestic flights separately, as that will give you more options in timings and prices. In case you don't find a ticket for a direct flight or train, there are many other routes to get to the ashram easily. We can help you find the best alternative route, if necessary. For more information and assistance please contact us.

HOW MUCH DOES THE JOURNEY COST?

It really depends of course where you are traveling from. When we are booking flights for our teachers, we have seen that we end up spending between 500 and 650 Euros for a round trip flight (for example, from Amsterdam to Khajuraho and back).

Preparing your papers – Visa & Insurance

You will need a visa to travel to India. There are different options to choose from. If you are visiting India for a teacher training course, please note that you should travel on a tourist visa. From the visa options available, we recommend:

Tourist visa on arrival (e-Visa):

This is the easiest option. The E-visa is valid for 60 days and available for citizens of over 176 nations. This visa allows you to arrange everything online, so you don't have to go to the Indian embassy or send in your passport. As a purpose for your visa application, you can state either "tourist" if you are planning to do some traveling too, or since recently there is the option to select "short yoga course". **Important: You must apply for your e-Visa 4 days before your arrival date.**

You can read more detailed information by following this link:

https://www.arhantayoga.org/tips-and-recommendations-for-organising-your-trip-to-india/

APPLY NOW

HOW TO GET THERE

ARHANTA YOGA ASHRAM NETHERLANDS

The Arhanta Yoga Ashram Netherlands is very well-connected to public transportation. There is a bus stop right outside the ashram premises. If you are planning on taking public transport, you can plan your journey on www.9292.nl/en

If you are coming by airplane, you can also public transport from Amsterdam Airport Schiphol. (www.schiphol.com) to the ashram. But you can also chose to make use of the Schiphol travel taxi. The Schiphol travel taxi is a combined taxi that brings you from the airport right to the ashram. The taxi will be cheaper per person if you are travelling with a group or other students. You can reserve your taxi, by following this link.

WHAT TO BRING

- Comfortable clothing for Yoga asana classes. You will be provided 2 pairs of uniform for theory classes
- Windbreaker or waterproof jacket, an umbrella & comfortable shoes for morning walks
- Layers of warm clothing for in the mornings and evenings
- 2 pairs of slippers, one for inside the accommodation and one pair for outside
- Working wrist watch with a seconds hand for the 'How to teach classes' (mandatory).
- Battery operated alarm clock
- Battery operated torch/flashlight
- You will be provided with a uniform for theory classes
- Writing material (pen, pencil, markers, notebook etc)
- Toiletries and towels
- Sleeping bag (if you feel cold easily, as in the nights it can get quite chilly)
- Yoga mat and cushion. (also available at the ashram boutique for reasonable price)
- Blanket for yoga practice (preferably a fleece or cotton plaid of about 130 x 170 cm – also available at the ashram for a reasonable price)
- Meditation shawl for morning meditations

THE TEACHERS



RAM JAIN

(ERYT 500, 40,000 hours of teaching experience)
Ram is the head teacher and director of our yoga ashrams with teaching experience of 19 years. He has trained over 21,000 yoga teachers worldwide since 2009.

Born and raised in India, his yoga and vedic philosophy education started at the age of 8 years as a part of his primary school education. He has in-depth knowledge of various ancient scriptures like Vedas, Bhagavad Gita, Patanjali Yoga Sutras, Hatha Yoga Pradipika as well as anatomy and physiology.

(ERYT 500, 18,000 hours of teaching experience)
Omkar Jain is an experienced yoga teacher trainer with teaching experience of over 18,000 hours. He has been teaching at Arhanta Yoga since 2011 and has become an essential member of the team.

Omkar was born and raised in India, and grew up with traditional values. He has studied with various reputed teachers like Saraswathi Rangaswamy (daughter of Sri.Pattabhi Jois). His classes are fun and challenging for students of all levels. He teaches with focus, discipline and humor at the same time. His ability to comprehensively transmit knowledge helps students to mature into confident teachers.



OMKAR JAIN

YOUR TRAINING INVESTMENT

Due to different costs and taxes we have different fee structures for our courses in India and the Netherlands.

COURSE FEES, INDIA

The course fees include all tuition, accommodation, 3 vegetarian meals per day, 2 pairs of uniforms, Arhanta Yoga teacher training course manual and all taxes. *Complementary pickup and drop in group is provided to students to Khajuraho Airport/ train station on the first and last day of the course.

Accommodation	Total Fees (Inc. Taxes)
Double shared room	€ 2300
Single room	€ 2700

COURSE FEES, THE NETHERLANDS

The course fees include all tuition, accommodation, 3 vegetarian meals per day, 2 pairs of uniforms, Arhanta Yoga teacher training course manual and all taxes.

Accommodation	Total Fees (Inc. Taxes)
Dormitory	€ 3250
Double shared room	€ 3650
Single room	€ 4150

PAYMENT METHODS

Apart from regular bank transfers, online payments can also be made via credit cards, PayPal, Ideal & Sofort Banking. The complete details will be sent to you after you have been accepted.



HOW TO APPLY

TO REGISTER FOR ANY OF OUR COURSES PLEASE FOLLOW THESE STEPS:

- Fill in the online application form.
- We will review your application and reply within 2 working days.
- Once you are accepted, we will make a provisional registration for you. You will be required to deposit € 200 immediately to confirm your registration.

APPLY NOW

POST COURSE SUPPORT & OPPORTUNITIES

FOR ANY QUESTIONS AND GUIDANCE:

We provide post-course support to all of our students. Our teachers can be easily contacted via phone, email and instant messaging regarding any questions about teaching, philosophy or your personal yoga practice.

FOR TEACHING / ASSISTING OPPORTUNITIES:

We provide two kinds of intern opportunities to all of our students. You can come as a volunteer to work in our team for a period of 1-3 months, or you can come as a trainee for period of 3-6 months. Both opportunities will help you develop your teaching skills and confidence even further.

FOR STARTING YOUR TEACHING CAREER:

Every student is provided guidance in finding a yoga teacher job or starting up their own yoga studio. You will benefit from our years of experience in running yoga schools and centers. We will advise you on all the important steps like market research, setup, promotion & efficient renewal systems.

CONTACT US AT

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