



ADHYAYA YOGA

What to Expect 300-Hour Multistyle Teacher Training

A practical guide to the training, the daily rhythm, and life in Rishikesh — so you know exactly what you're signing up for.

300h

MULTISTYLE

25

DAYS

10

MAX STUDENTS

Apr

2027

Rishikesh, India · Yoga Alliance RYT 300

WELCOME

Before You Apply.

This guide exists so you can make an informed decision — not a rushed one. A 300-hour training is a real investment of time, money and energy, and it should be built around real transparency about what the month actually looks like.

We keep our groups small (max 10 students) and teach the whole training ourselves, in Rishikesh, on the banks of the Ganga — not through a rotating cast of guest teachers. What follows is exactly what that month looks like, module by module, day by day.

WHAT MAKES THIS TRAINING DIFFERENT

Four Styles, One Certification.

Genuinely Multistyle

Most 300hr programs specialize in one style. This training covers four — Hatha, Vinyasa, Ashtanga and Yin — so you graduate able to teach real range, not one flavor of yoga.

Small & Personal

Capped at 10 students. Real, individual attention from Ankit, Hannah and our experienced teaching team throughout — not a rotating cast.

Taught at the Source

Rishikesh is the birthplace of yoga. Training here — among ashrams, the Himalayan foothills and the Ganga — gives you context no studio classroom can replicate.

Beyond the Mat

Dedicated Acro Yoga and Thai Yoga Massage workshops build hands-on skills — communication, trust, and touch — that carry directly into your teaching.

Six Modules, Real Foundation.

01 Vinyasa Flow & Hatha Yoga

The physical foundation of the training — breath-linked movement, alignment, and the building blocks every teacher needs to lead a dynamic class with confidence.

- Vinyasa Flow sequencing & breath-to-movement
- Hatha Yoga fundamentals & posture families
- Foundational alignment principles

02 Ashtanga Vinyasa & Yin Yoga (2/3 Ashtanga · 1/3 Yin)

The heart of the multistyle structure. Two-thirds of this module is spent in the Ashtanga Vinyasa system; the other third focuses completely on Yin — long holds and stillness.

- Ashtanga Primary & Secondary Series, traditional methods
- Yin Yoga principles, holds & sequencing

03 Pranayama & Meditation

Breath and stillness practices taught together, as they're meant to be — classical pranayama techniques paired with meditation practice.

- Classical pranayama techniques & their effects
- Meditation methods for self-practice & teaching

04 Yoga Philosophy

The texts and ideas underneath the practice and the yogic tradition.

- Foundational philosophical texts & concepts
- Philosophy in practice — bringing it into daily life

05 Anatomy & Alignment (2/3 Dynamic · 1/3 Yin)

Functional anatomy and alignment for dynamic practice, plus anatomy specific to Yin — connective tissue, joint mechanics and meridians.

- Functional anatomy for Vinyasa & Ashtanga
- Hands-on alignment approach
- Yin-specific anatomy — fascia, joints & meridians

06 Teaching Methodology (2/3 Dynamic · 1/3 Yin)

How to actually run a class — cueing, sequencing and holding the room — for dynamic classes, and adapted for the very different pacing Yin requires.

- Sequencing, cueing & class architecture
- Observance, adaptability & improvisation
- Teaching Yin — pacing, voice & presence

A TYPICAL DAY

From First Breath to Last Reflection.

6:00 – 7:30	Ashtanga or Yin Yoga Morning practice — alternating between the dynamic and the still.
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7:45 – 9:00	Meditation & Pranayama Classical breathing and meditation techniques.
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9:00 – 10:00	Breakfast Time to rest, integrate and connect with fellow students.
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10:00 – 11:00	Philosophy The texts and ideas underneath the practice and the yogic tradition.
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11:15 – 1:15	Anatomy & Alignment Functional anatomy and hands-on alignment work.
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1:15 – 2:00	Lunch A generous midday break to rest and recharge.
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2:00 – 3:30	Self-Study Time for personal practice, journaling and integration.
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3:30 – 4:30	Teaching Methodology Cueing, sequencing and hands-on teaching practice.
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4:45 – 6:15	Vinyasa or Hatha Yoga Evening practice to close out the teaching day.
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6:30 – 7:30	Dinner Shared evening meal — community, reflection and rest.
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*This is an exemplary schedule and subject to change.

WHAT'S INCLUDED

Everything You Need to Focus.

Included

- 24 nights accommodation, steps from the Ganga
- All meals — breakfast, lunch & dinner
- 300 hours of training across all six modules
- Acro Yoga & Thai Yoga Massage workshops
- Ganga Aarti & Kunjapuri sunrise excursions
- Study materials & training manual
- Yoga Alliance RYT 300 certification
- Taxi pickup from Delhi to Rishikesh (arrival day)

Not Included

- International flights to Delhi / Dehradun
- Return transfer from Rishikesh to Delhi (we help arrange, at your cost)
- Indian visa fees, if applicable
- Personal expenses, tips, souvenirs

CERTIFICATION

Registered with Yoga Alliance.

This training is registered with Yoga Alliance at the RYT 300 level. Combined with your existing RYT 200, completing it makes you eligible to apply for RYT 500 certification — the highest individual credential Yoga Alliance offers.

“Rishikesh is one of the few places where the practice, the philosophy and the culture around it are still genuinely lived, not staged.”

NEXT STEPS

How to Apply.

1. Reach Out

Message us on WhatsApp or fill out the application form on our website with a little about your practice and teaching experience.

2. Secure Your Spot

A deposit of €500 secures your place. Applications are reviewed in the order deposits are received — the group is capped at 10.

3. Get Ready

We'll send you a full pre-training guide covering travel, packing, visas and what to expect from Rishikesh itself.

4. Arrive & Begin

Land in Delhi or Dehradun, get settled into your room by the Ganga, and begin the training.

Investment

Shared room from €1,800 per person · Private room from €2,400 per person, including training and 24 nights accommodation. Current pricing and any early-bird availability are always kept up to date at adhyayayoga.com/training-300h-multistyle-rishikesh.

Questions before you apply?

We are ready to assist — just text us on WhatsApp.

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