



Beyond Posture



ORIENTATION MANUAL 200HRS

Rishikesh, India



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Love Serve & Transform





Greetings

Namaste friend!!!

Greetings from Hari Om Yoga Vidya Family

Thank you so much for showing interest in our school, We are very honored and excited to have you join our Hari Om Yoga Family in the Yoga Capital of the World - Rishikesh India. Here you will have the opportunity to learn and share from our Yoga masters and your fellow students in our small and family-like Yoga School.

We know that life is not just living, but living in joy, living happily. So one has to find the ways to attain happiness. For this, we have to understand what is happiness in real sense? Happiness is a state of being perfect harmony of body, mind and spirit which is also known as holistic health. For this, 'yoga' is the most practical, effective and appropriate discipline. It can guarantee us the holistic health and happiness in the present stressful modern modern life. It can keep us happy and healthy. It gives us strength, vigour and stamina to make us healthy. Yoga is not only for sadhus or recluses rather it is also important for students, teachers, normal walk of people, etc. who want to live in peace and happiness in present turbulent world. We must understand the concept of yoga first.

You are most welcome to join with us, We will be waiting for you with our arms wide open!

Sending much Love and Respect. With thanks

Namaste!!!

Pramod Sahoo (YTTC-Director)

Hari Om Yoga Vidya School

Tapovan, Rishikesh, India



200Hrs Course Itinerary



What is inside the 200Hrs Course that you can achieve

Total Course Duration **27Days** (Check In 2nd & Check Out 28th)

Total Hours of the Course – 200 Hours (170Hrs By Teachers + 30Hrs Practical Teaching Classes submitted by Students) Everyday 8 Hours classes 2 Hours Self Study And Practice.

Total Teachers 7

Name of the 15 Subjects that you will learn –

1. Traditional Hatha Yoga
2. Kundalini Yoga
3. Tantra Yoga
4. Meditation
5. Pranayama
6. Mudra
7. Bandha
8. Satkarma
9. Alignment & Adjustment
10. Anatomy
11. Teaching Methodology & Practice
12. Yoga Philosophy
13. Ayurveda
14. Mantra Chanting
15. Ashtanga Vinyasa

- **Exam Preparation**
- **Final Exam**

Certification: Upon successful completion, you will receive a **Yoga Alliance Certificate – RYT 200** recognized worldwide!





HIGHLIGHTS OF JOURNEY INCLUDED IN OUR PROGRAM

- Orientation Program
- Flower Ceremony
- Fire Ceremony (Hawn) as Inauguration Program
- Study Materials
- 27 days of intense Yoga Classes
- 8Hrs classes Every day
- Course duration “2nd arrival- 28th departure” of each month
- 3 Delicious vegetarian meals per day
- Room with private bathroom
- Himalayan excursion and local excursion of Rishikesh
- Evening Ganga Aarti (Ritual Program)
- Outing Yoga Classes
- Indian Cultural Program in the closing ceremony
- Yoga KIT BAG & it includes “Yoga Books (Asana Pranayama Mudra Banda, Ashtanga Vinyasa Primary Series), School Hand-book, Notebook, Handouts, Pen, Neti Pot, Rubber Neti, Japa Mala”
- Free Yoga Dress T-Shirt👕
- Facilities in YOGA HALL “Yoga Mats, Bolsters, Yoga belt, Yoga blocks, Yoga Chairs, Zen Bench for Meditation, Yoga Chat, Sound Box, Cushion so on.”
- 200-Hours RYT Yoga Alliance Certification after course completion
- Tons of love!



What services we offer

Free Airport pick up from Dehradun Airport

Paid Airport pick up from Delhi International Airport

Free Wi-Fi

Room Accessories Facilities

24 Hours Aqua Drinking Water Facilities

24 Hours Hot Water Facilities

3 Vegetarian Meals a Day (Breakfast, Lunch, Dinner)

Help for shopping in Rishikesh if you need





OUR SCHOOL

**We believe in a world where each individuals
at peace and living cheerfully.**

Hari Om Yoga Vidya School has been established as one of the best yoga, school in Rishikesh for many years. We offer you deep spiritual experience with expert yogis as your instructor. We always focus on conducting small. and familiar class settings for providing individual and customized attention to all students.

We strive to create a clean atmosphere to have a good bond between students, teachers, and the whole team, Hari Om Yoga Vidya School is highly renowned for the quality of teachers, several facilities, and a loving and supportive class style. Our yoga school has crafted courses most exclusively and uniquely, allowing you to be a motivated yoga teacher. The pathway of Yoga is highly immersed in tradition and is evolving and taming spiritual mindfulness and consciousness among the millennial aspirants. Hari Om Yoga School is a guiding light that illuminates your path while shaping practices in the World of Yoga.

“Be the change that you wish to see in the world.”



WHY HARIOM YOGA VIDYA SCHOOL IS UNIQUE?



- **Traditional Teaching Methods** - We are involved in the ancient style of Himalayan Yoga and use traditional teaching methods, where each and every student gets personalized care and attention.
- **Small Batch Sizes** - We have small batches which have 10 students and a maximum of 15 students. In this small group, you can ask your doubts to your teachers and also clear your doubts without feeling neglected. The teacher can also observe one and all.
- **Quality yoga teaching** - It goes far beyond just demonstrating postures—it's about creating a safe, holistic, and transformative experience for the students here. We focus on Strong Foundation in Traditional Knowledge, Safe, Inclusive Environment, Presence and Communication, Self-Practice and Integrity & Holistic Integration.
- **Well-Experienced Teaching Staffs** - We have the most well-experienced teachers in our school for different subjects like anatomy, physiology, philosophy, asanas, mudras, and so on.
- **Our School Location** - Our school is nestled amidst lush green forests, majestic rivers, and towering Himalayan peaks—offering the perfect natural setting to immerse yourself in the art and science of yoga. Located in the heart of Rishikesh yet far from the hustle and bustle of the town center, our serene environment allows you to truly connect with nature. We're also just a short walk away from charming riverside cafés and restaurants near the sacred Ganga, adding comfort and convenience to your spiritual journey.
- **Yoga Beyond the Classroom** - While we have a spacious and well-equipped hall for regular yoga sessions, we often take our students outdoors—to the serene banks of the Ganga or the peaceful nearby forests. Practicing yoga in these natural settings offers a truly tranquil and grounding experience, allowing you to connect more deeply with both nature and yourself.
- **A Unique Beginning** - You'll be amazed to know that we are the first yoga school in Rishikesh to introduce an emotional purification process through a sacred Fire Ceremony. This powerful ritual is conducted on the very first day of our Yoga Teacher Training Course, setting a deeply transformative tone for your journey ahead.



SHOULD I DO IT?



Should dive into a Yoga Teacher Training in India is a question that might be around your head for a couple of days or even months by now. We don't have an answer but here are some points that have helped others make their minds

Practice level

Our course is designed for beginner and intermediate students. It is perfectly fine if you can't do advanced postures for are new to Yoga. Yoga is 'much more than asanas! What is vital is your curiosity and desire to explore the Yogic way

About Teaching

If you are planning to become a teacher great if not it is perfectly fine. So why learn to teach? Because teaching is the best way to learn!

Yoga Style

You know what your favorites yoga style is? Go for it. you haven't figured it out, 'We recommend this course that mixes Hatha Yoga and Ashtanga Vinyasa and covers 'many aspects such as 'meditation, Philosophy and more!

Transformation

You should be eager to change. Transformation will happen in many dimensions: internally, spiritually, professionally and even with your relationships. After this period, you will encounter with a new version of you. It is never too late to change.

Our Favourite Saying – The Calling

Sometimes, we can't explain the reason why, but we feel it deeply within — plain and simple: you just know. If you feel that inner calling, don't hesitate. Follow your heart and come join us. We are here, waiting to welcome you.





Intense Study & Teaching

Our program is designed for those seeking an intense study of yoga, blending ancient wisdom with modern techniques. Over the course, students will immerse themselves in the core disciplines of Hatha Yoga, Ashtanga Vinyasa, Kundalini Practices, Pranayama, Meditation, and Yoga Philosophy. Daily classes focus on developing physical strength, mental clarity, and spiritual growth. With guided teaching methodology, anatomy, and alignment sessions, students gain both personal transformation and professional teaching skills. The journey also includes Mantra Chanting, Yoga Nidra, and Cleansing Techniques. This immersive experience prepares participants to become confident, globally recognized yoga teachers through Yoga Alliance certification.

योगश्चित्त वृत्ति निरोधः

YOGSHCHITT VRUTTI NIRODH

Quieting the fluctuation of the mind





OUR COURSE

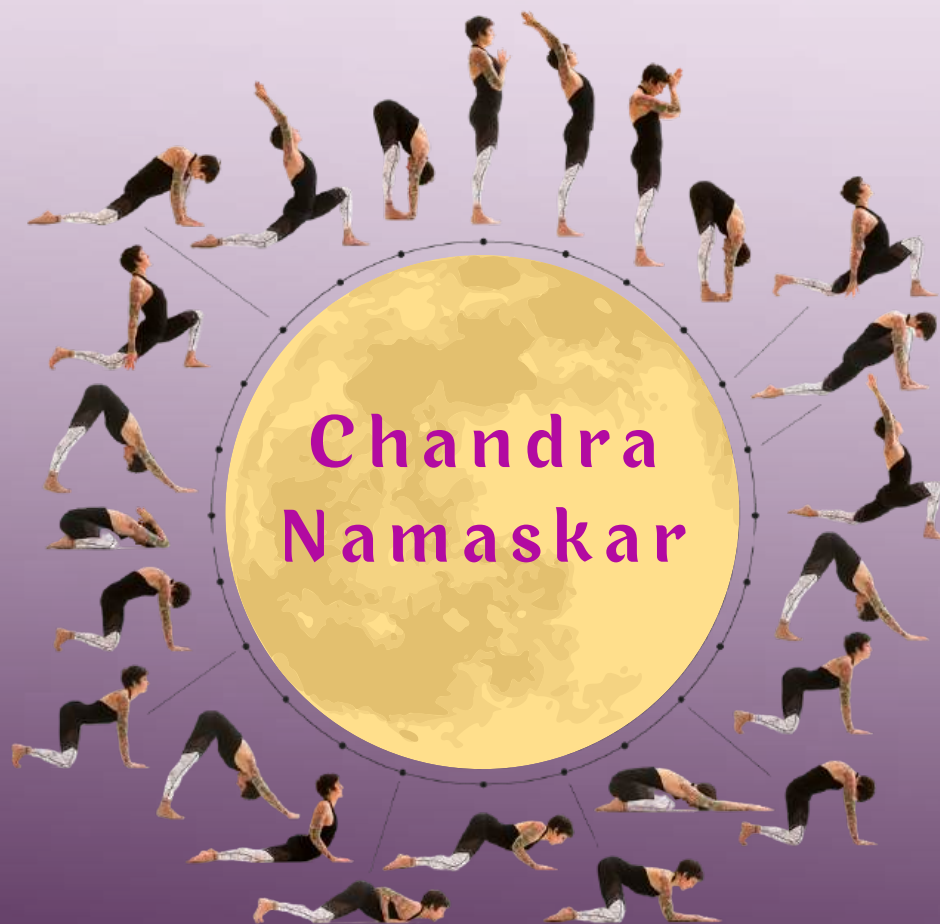
For 4 weeks you will discover the true way of the ancient art of Yoga with passionate teachers in a warm and cozy Yoga School, along with like minded seekers of spiritual growth. This course is designed to provide a thorough experience on Yoga through a mix of **Traditional Hatha Yoga , Ashtanga Vinyasa, Kundilini Yoga, Tantra Yoga, Pranayama, Mudras, Bandha, Satkarma, Meditation, Mantra Chanting, Yoga Nidra, Yoga Philosophy, Adjustment & Alignment of Asana, Yoga Anatomy, and Teaching Methodology.**





A GLIMPSE ON HATHA YOGA

The syllable **"HA"** stands for the vital force that governs the physical body and **"THA"** denotes the mental force. In other words, Hatha Yoga can be defined as the Yoga of the Body and Mind Purification. Specially in the West, Hatha Yoga has been commonly understood as just a set of different asanas and it is deeply associated only in the physical way. Nevertheless, Hatha Yoga in its true form contemplates this union with the body and mind through asanas, purification techniques, pranayama, Mudras, Bandhas and meditation. Our classes focus on developing deep meditative states with the aid of different asanas and other techniques to attain a higher state of awareness.





A GLIMPSE ON ASHTANGA VINYASA YOGA

Students will learn Ashtanga Vinyasa Yoga system was reconstructed from a mysterious manuscript written on a bundle of palm leaves, the Yoga Korunta. This collection of verses on HATHA YOGA was discovered in the 1930s by Yoga master and Sanskrit scholar Sri Tirumalai Krishnamacharya and his disciple K. Pattabhi Jois researching Sanskrit texts at a Calcutta university library. The manuscript is dated to be between 500 and 1,500 years old

- ✿ Introduction to Ashtanga Vinyasa Yoga
- ✿ History of Ashtanga Vinyasa Yoga
- ✿ Awakening the Fire Within
- ✿ What is Ujai Breath?
- ✿ How to do Ujai Breath?
- ✿ Benefits of Ujai Breath
- ✿ The Breath of Life
- ✿ Prana
- ✿ A Chakra Contemplation
- ✿ Eight Limbs of Yoga and the Practice of K.Pattabhi Jois
- ✿ How to Do Bandha in Ashtanga
- ✿ Drishti – Focusing the Attention During Movement
- ✿ Cleansing and purification
- ✿ The challenging asanas
- ✿ Proper use of props and yoga instruments
- ✿ Sun salutation a & b (week 1)
- ✿ Standing asana series (week 2)
- ✿ Sitting asana series (week 3)
- ✿ Finishing asana series (week 3)
- ✿ Teaching Practice & Exam (Week 4)



A GLIMPSE ON KUNDALINI & TANTRA YOGA



This is the most spiritual form of yoga, which you can undertake. The yoga school in Rishikesh will assist you to awaken your Kundalini Energy. It is also called as 'serpent energy' and resides at the base of the spine. If untapped, one can lead an entire lifetime, without knowing about the huge possibilities that its awakening can bring about. Through Kundalini Yoga practice, you will be able to awaken the dormant energy, which rises through the chakras aligned along the spine. As the energy moves through the chakras, it clears the chakras of any blockages. The ultimate destination of this energy is the Crown chakra, from where it unites with the male energy, or Purusha. Kundalini energy is a female form, which also assumes the power called Shakti.



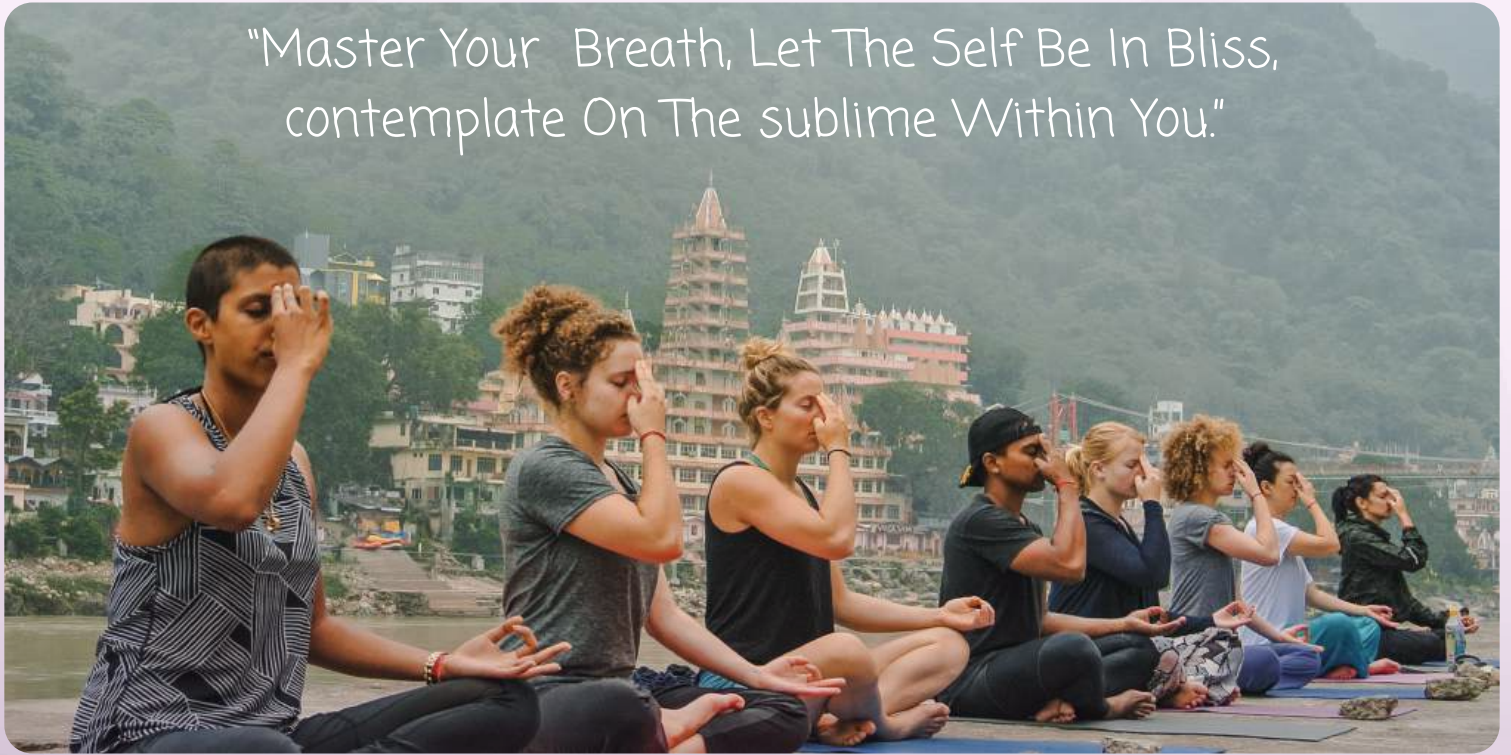
The goal of Kundalini is to raise this energy through the chakras, leading to enlightenment and a blissful state of self-realization.

PRANAYAMA

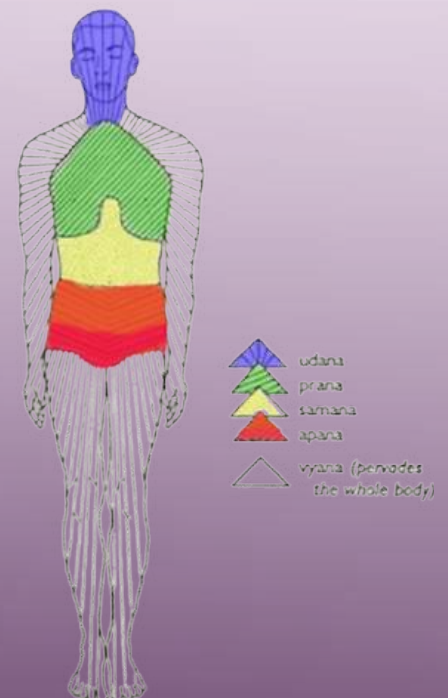


Pranayama is an integral part of Yogic Practices also mentioned in the eight limbs of Patanjali Yoga sutras. Pranayama specifically focuses on increased efficiency and balancing of the breath of an individual. Prana is the vital energy of the body and Yama refers to the expansion and growth. There are many physiological and psychological benefits of doing pranayama practices daily.

"Master Your Breath, Let The Self Be In Bliss,
contemplate On The sublime Within You."



- ✿ Nadi Shodhana (alternate nostril breathing),
- ✿ Bhastrika (bellows breath),
- ✿ Kapalabhati (skull shining breath),
- ✿ Ujai (ocean breath),
- ✿ Bhramari (beebreath),
- ✿ Sheetali/Sheetkari (cooling breath),
- ✿ Surya Bhedana (sun piercing breath).



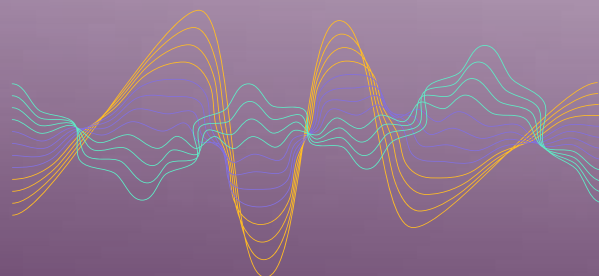
SHATKARMA



The Shatkarmas are also called Shatkriyas. It is a set of body purification techniques, with the help of which, you can cleanse your system internally. In order to move ahead in your yogic journey, you need to have a strong body, as it serves as the foundation for yoga sadhana. Shatkarmas consists of six cleansing techniques, Basti, Nauli, Dhauti, Trataka, Neti, and Kapalbhati. Each of these kriyas targets specific organs in the alimentary canal. Apart from just strengthening the body, it also leads to the balance of the Tridoshas. It also helps in the flow of Prana through the Nadis. Kapalbhati is not only a kriya, but it is also a Pranayama. So, you get to indulge in two practices, rolled into one. It is a forceful breathing practice, that can aid in alleviating stress from your brain. You can also practice Neti, very easily. However, a guide will initiate the process, for you to feel comfortable later on.



"Through practice comes Yoga, through Yoga comes knowledge, through knowledge love, and through love bliss."

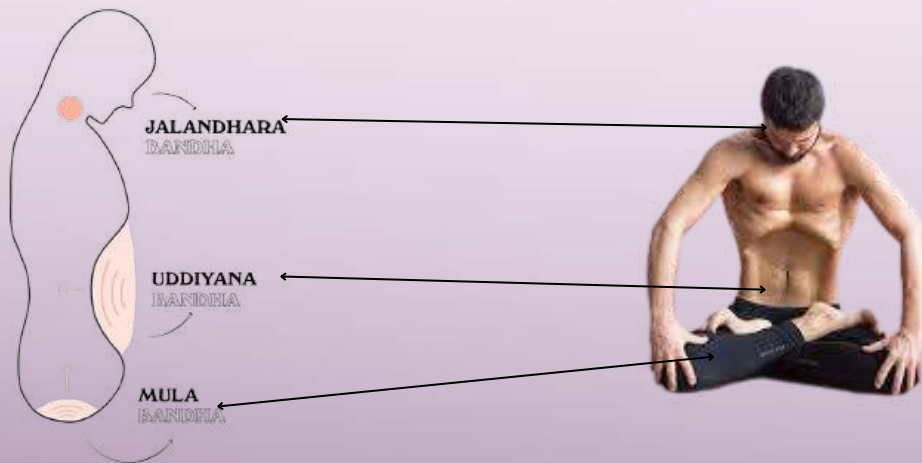


BANDHAS



Bandha is a lock. You can lock yourself in certain postures, to increase energy flow to specific organs. You can also call it the energy lock. There are four main bandhas, that the yogis practiced from early on. They include Mula, Uddiyana, Jalandhara and Maha Bandha. The Maha bandha is a combination of the three bandhas. Moreover, it is the highest form of body lock. Practicing bandhas involves muscular contractions. The Mula bandha is especially useful in awakening the Kundalini energy. The Uddiyana Bandha energizes the Heart Chakra and the abdominal organs. Likewise, the Jalandhara Bandha energizes the thyroid and parathyroid, along with respiratory organs. You can also practice the three together, starting from the throat. Bandhas help to lock and release energies from various organs, and increase blood as well as energy flow. You also learn to observe the performance later.

- ✿ Jalandhara Bandha Advance
- ✿ Uddiyana Bandha Advance
- ✿ Mula Bandha Advance
- ✿ Maha Bandha Advance



MUDRA – GESTURE



A Mudra is a gesture or seal in yoga. You may come across mudras in dance forms as well, however, they are much different. When you practice mudras, you can channelize Prana through the body. There are various kinds of mudras, like Hasta mudras, Kaya mudras, and Chitta Mudras. Hasta mudras are the most important in Yoga practice. According to the Science, Ayurveda, there are five elements or Mahabhutas. Fire, earth, air, water, and ether. Each finger represents one maha bhuta. You can manipulate each element for the betterment of your body and health, and increase or decrease the flow of prana to specific body parts. One of the most commonly used mudras, is Gyan mudra. You can practice it while performing the asanas. It helps in obtaining knowledge and greater wisdom from the universal body. You can practice mudras anywhere while sitting in your home or workplace, so that is an added benefit of mudras. Get the maximum benefits today.

- ✿ Jnana Mudra (Psychic Gesture of Knowledge)
- ✿ Chin Mudra (Psychic Gesture of Consciousness)
- ✿ Bhairava Mudra – Shiva Mudra
- ✿ Hridaya Mudra – Heart Gesture
- ✿ Yoni Mudra – Womb Gesture
- ✿ Shambhavi Mudra – Eyebrow Center Gazing
- ✿ Kaaki Mudra – Crow's Beak Gesture
- ✿ Ashwini Mudra – Horse Gesture



SHAMBHAVI MUDRA





MEDITATION

Meditation is an ancient practice that goes back thousands of years ago. It comprises of physical as well as mental practices. You can meditate to relax your mind and also remove stress from your life. Meditation has its roots in Hinduism and Buddhism, but it is not a religious practice. You will learn about several different ways to meditate as a part of the 200 hour yoga teacher training course. The different meditation types, which you can learn are mantra meditation, transcendental meditation, moving meditation, mindfulness meditation, body-centred meditation, visualization, and so on. You can use several props to meditate, like singing bowls, malas, and music. Meditation can heal several traumas and physical ailments. You learn to concentrate on the present, when you do meditation properly.



MANTRA CHANTING

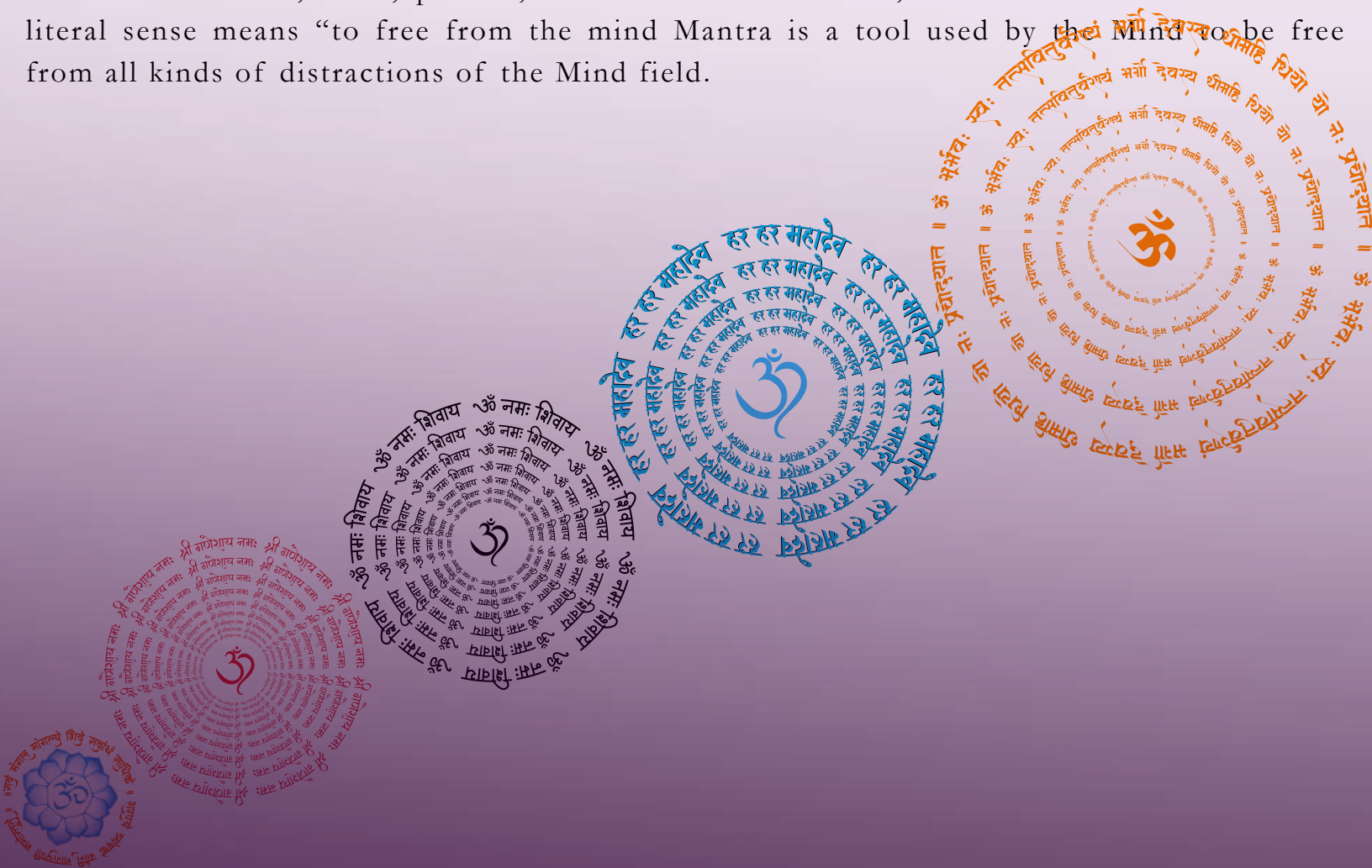


MANTRA

Mantras are an important part of yoga practice. They may have religious connotations, but anyone can practice them. They comprise of specific syllables, words, or phrases, picked up from Sanskrit, the oldest language of the Vedas. You can practice mantra chanting to resonate with the universe. When you repeat a set of syllables, words or phrases repeatedly, they align with the universe's vibrations. They give the practitioners, the perfect scope to manifest. They are also practiced in abundance in Tantra. You can gain a proper direction and focus in your life, if you practice mantra chanting daily. Learn about the most important ones like Aum, Gayatri Mantra, Om Namah Shivaay, and so on. The opening chant and closing chant in Hatha Yoga also carry a lot of significance. Mantras can help you to get rid of all sorts of tensions and physical ailments, by diverting your mind towards a higher realm.

WHAT IS MANTRA ?

The word “mantra” is derived from two words. The first word is “Manas” or “mind,” which relates to the “man” syllable means “To think”, the second word is a suffix “Tra” which means instruments, tools, protect, or free from. Therefore, the word Mantra in its most literal sense means “to free from the mind Mantra is a tool used by the Mind to be free from all kinds of distractions of the Mind field.”



YOGIC RELAXATION TECHNIQUES



Relaxation comes naturally as a part of the yoga teacher training course. You can divert your mind from a cluttered life, by meditating. However, relaxation has a broader meaning. There are various conscious forms of relaxation that can help you to rejuvenate your mind. The instant relaxation technique is one in which you tighten and relax the muscles to get into a relaxed state of mind. Quick relaxation techniques are also a part of the program. Shavasana is an important consideration here, as you learn how to guide your yoga practice towards a relaxing session through conscious relaxation techniques. Yoga Nidra is another conscious relaxation technique which can help you to enter a deep state of relaxation. Master the same under the guidance of yoga experts at Hariom Yoga Vidya School. Meditation, asana practice, and Pranayama go hand-in-hand. Learn about the various techniques as a part of the teacher training course at Rishikesh. You will be learning the various forms of relaxation in the company of individuals who have been practicing yoga for a long time.



ALIGNMENT, CORRECTION & ADJUSTMENT



Alignment and adjustment are fundamental concepts in the practice of Yoga, both for practitioners and instructors. Here's a breakdown of each:

What is alignment in Yoga?

Alignment refers to the precise positioning of the body in Yoga poses (Asanas) to achieve optimal physical and energetic benefits while minimizing the risk of injury. It involves the correct placement of various body parts, such as the feet, legs, pelvis, spine, arms, and head, in relation to one another and to the ground. Proper alignment ensures that the body is in a balanced and stable position, allowing for the efficient flow of energy (Prana) throughout the body. It also helps to create space within the joints, improve posture, enhance flexibility, and build strength. Alignment principles may vary depending on the specific Yoga style or tradition but generally emphasize alignment with the natural curves of the spine and engagement of relevant muscle groups.



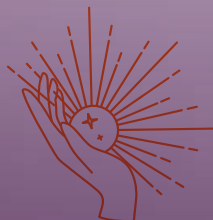
What is Adjustment in Yoga

Adjustment, also known as hands-on adjustment or assists, involves the gentle physical manipulation of a student's body by the instructor to help them refine their alignment, deepen their stretch, or experience a pose more fully. Adjustments can provide valuable feedback and support to students, helping them overcome physical limitations, release tension, and access deeper levels of awareness in their practice. Adjustments are typically performed with sensitivity and mindfulness, respecting the individual's body and boundaries. They may include subtle corrections to alignment, gentle pressure to encourage relaxation or engagement, or supportive touch to guide the student into a safer or more effective expression of a pose.

TEACHING METHODOLOGY



At our yoga school, we believe that teaching is an art that evolves through continuous self-practice, knowledge, and heartfelt connection. A true teacher leads with sincerity, compassion, and awareness—teaching first from the heart rather than the mind. We honor the divine responsibility of guiding others, recognizing that through teaching yoga and meditation, we help transform lives while deepening our own inner journey. Our methodology emphasizes presence, joy, and mindfulness, encouraging teachers to remain grounded, energetic, and emotionally balanced. Respect for students is paramount—we foster a friendly yet professional environment, giving special attention to beginners while being sensitive to each student's alignment, breath, and energy. Our classes begin with a welcoming attitude, short meditation or chanting, and clear, audible instructions. Teachers move through the class with attentiveness, offering verbal and physical adjustments, motivating students with genuine encouragement, and always respecting their time and individual needs. By surrendering to the moment and staying connected to our own practice, we allow the teaching to flow naturally and authentically.



"एकान्तः सुखम्"
SOLITUDE IS HAPPINESS



WEEKLY BREAKDOWN



WEEK 1: FOUNDATION



The first week is the most difficult of all as your mind and body experience an abrupt change. It is also the most exciting as the Yoga universe is displayed in its true form for the first time to many. This week is all about learning the basics of each discipline.

By the end of the week:

You will discover the art of meditative asanas. Ashtanga Vinyasa rhythm is sticking to you. You already feeling the sun salutation A and B..You will learn the basics of Yoga Philosophy. Simple breathing and relaxation techniques are becoming handy. You start to understand what you got yourself into.

WEEK 2: FEELING IT

After an intense week, your body is getting used to the course. The practice will grow, and you will start to feel more confident. It will be time to realize what you have learned.

By the end of the week:

You will experience teaching individual asanas to your classmates. Sun salutations move swiftly as well as the standing series, 20 asanas have been discovered. An increase in awareness is clear as you progress in meditation. You will learn about Yoga Sutras and Hatha Yoga Pradipika. You have probably slept at least once during the relaxation classes, Your fellow classmates and teachers will start look strangely familiar



WEEK 3: SELF-TRANSFORMATION



By now you have gone through a lot! Strong feelings emanate as you go deeper and deeper in your practice. You will continue building on what you have learned, and the course will introduce teaching techniques more formally.

By the end of the week:

You will assist a teacher on a yoga class and learn to plan and give one by yourself. An increase in physical flexibility is evident and it starts to pour into your mind. You have already learned about 40 different asanas and sitting series have summed up in Ashtanga. The eightfold path of Yoga will be as familiar as counting to ten. Indian English accent starts to sound cozy.

WEEK 4: THE FINAL TOUCH

By now, Yoga is flowing through your veins. Week 4 is about integrating everything you have learned so far, apply it to your daily life and be able to share it with the world.

By the end of the week:

You will know how to plan and give a Yoga class.

You and your new friend will plan a class and impart it to the group. You will understand how wholesome Yoga really is. Primary series and 40 different asanas will be part of you. A 200-hour Yoga Teacher Training certificate will be in your backpack! You will forge everlasting friends. You are ready to spread the message of love. A new version of you is ready to continue the journey. You will be experience yourself as a complete transformative personality after the course.



HOW YOUR DAY WILL LOOK LIKE?



06:30 AM - 8:00 AM
TRADITIONAL HATHA
YOGA & ALIGNMENTS



08:30 AM-09:15 AM
BREAKFAST TIME



10:15 AM - 11:15 AM
KUNDALINI & TANTRA YOGA



11:30 AM - 01:00 PM
MEDITATION, PRANAYAMA,
MUDRA, BANDHA, &
SATKARMA



01:00 PM - 01:45 PM
DELICIOUS INDIAN LUNCH



02:00 PM-03:00 PM
ALIGNMENT & TEACHING
METHODOLOGY



03:00 PM - 04:00 PM
YOGA PHILOSOPHY



5:30 PM - 07:00 PM
ASHTANGA VINYASA & ALIGNMENTS



07:00PM - 07:45 PM
DINNER



08:00PM - 09:00 PM
ASSIGNMENTS / HOME WORK



09:00 PM
REST / SILENCE UNTIL BREAKFAST



**SCHEDULE IS
SUBJECT TO
CHANGE**

Every class is vital for you to grow and learn about yoga. Following the whole schedule helps you in learning so much. The daily schedule has been set for students and you have to follow it strictly. Attending all classes is mandatory.





EXCURSION

The Himalayan Excursion is a unique opportunity to explore the majestic Himalayas and immerse yourself in the natural beauty and spiritual energy of the region. The excursion includes visits to sacred sites, temples, and monasteries, as well as guided hikes and nature walks in the Himalayan foothills. You will have the opportunity to connect with the local culture, traditions, and people, and experience the profound sense of peace and tranquility that the Himalayas are known for. Whether you are seeking adventure, relaxation, or spiritual growth, the Himalayan Excursion offers something for everyone. Join us on this unforgettable journey and discover the magic of the Himalayas.





SCHOOL RULES AND REGULATIONS

The following has to be followed by every student:

- ✿ In the spirit of Non-violence, Non-veg as meat, eggs, and also alcohol and smoking are strictly prohibited inside the school campus.
- ✿ If you plan to have meals outside, inform the kitchen Manager 3 hours beforehand.
- ✿ You need to wash your dishes after your meal.
- ✿ Always arrive on time, and if you are late, you can inform beforehand. Otherwise, you will not be permitted to join the class.
- ✿ Before departure, remember to return all the school's properties that you borrowed; like books, maps etc.
- ✿ Any friends or relatives will not be included in accommodation. If anybody is coming with you, please inform the school earlier. The accommodation is chargeable. Students must attend all scheduled classes and events of the Ashram for successful completion of their chosen course.



OUR TEACHERS



PRAMOD SAHOO

FOUNDER



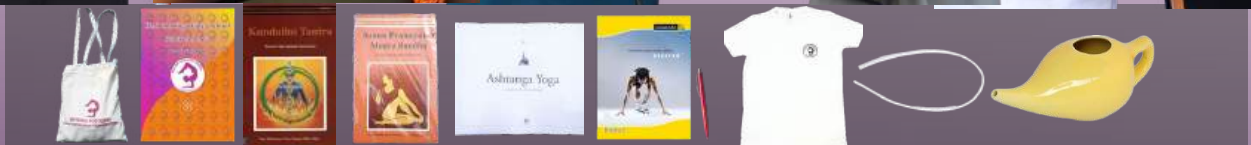
"There is no knowledge without Guru."



CULTURAL PROGRAM



YOUR STUDY MATERIALS

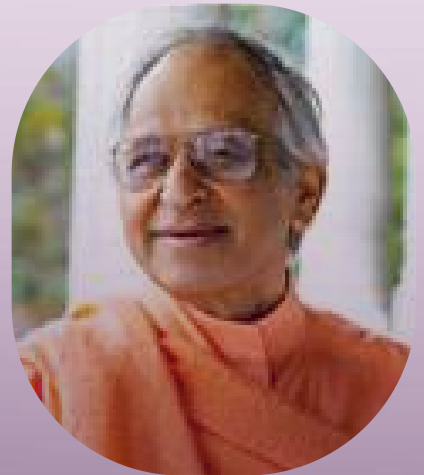
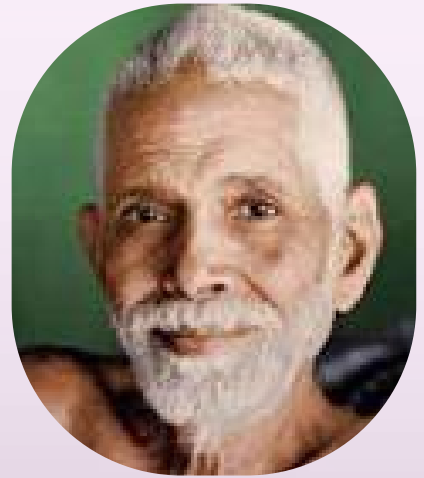


FLOWER CEREMONY



FIRE CEREMONY

OUR INSPIRATION



"It's a rare man who is taken for what he truly is."

ORIENTATION PROGRAM



GANGA ARTI



HOW TO REACH FROM DELHI TO RISHIKESH?



The distance from Delhi to Rishikesh is 250 KM, and it generally takes 4 hours. However, the traffic, time and festival celebrations on the road can lead to delays. The three main methods of transportation to travel from Delhi to Rishikesh are car, bus or flight. Hiring a private car hire from Delhi to Rishikesh is the easiest option for the yoga tourists, in comparable by bus and train journey.

Via Flight

You can also book a flight from Delhi airport to Dehradun airport which is called Jolly Grant Airport. The price of that ticket ranges depending on when you book it, but it's usually around USD \$40 to 60. The taxi from the airport to Laxman Jhula, Tapovan is around USD \$20.

Via Train

The nearest station is Yog Nagri Rishikesh is in Rishikesh which is approximately 3-4 kilometers away from Tapowan. It is linked to major Indian cities such as Delhi, Mumbai, Kolkata, Lucknow and Varanasi

Via Bus

Depending on the time of the day, your flight arrives in Delhi, you can also avail yourself of the Volvo buses. They will transfer you from Delhi to Rishikesh. If your flight arrives in Delhi around evening, you will have to stay at a hotel for the night to avoid travel alone at night. Wait till morning to board the interstate bus. From the airport, you can get a prepaid taxi to take you to Delhi bus depot. Visit the government approved taxi stand located outside the airport exit. The price from the Delhi airport to Delhi Interstate bus depot is around INR 1000. Once you arrive at Delhi Interstate bus depot, head to the bus station's ticket counter, which is on the second level. Go to the Uttarakhand State bus booth and ask when the next Volvo bus leaves for Rishikesh. The bus ticket should cost between INR 1000-1200.

We Recommend Below Official Govt. Website for the Bus Tickets Booking if you are Planning to Come Via Bus From Delhi to Rishikesh.

<https://www.utconline.uk.gov.in/Home.aspx>

Via Private Car

Via paid taxi service the cost will be 95 USD from Delhi to Rishikesh. You can connect us for the availability.



WHAT TO BRING?

Most general items you may need during your stay in India can be easily found in nearby shops in the town center. However, it's advisable to carry your personal essentials with you. These include items such as a **Personal towels, comb, brush, shampoo, any necessary medications, clothes, slippers, your own yoga mat, water bottle, bathrobe and toiletries.** It's strongly recommended not to share personal items with other students.



SHOPPING IN RISHIKESH

You will find many places to shop in Laxman Jhula. If you have some free time before your classes begin or during breaks in your busy training schedule, you can explore the town center or local bazaars.

There are numerous shops selling traditional Indian clothing such as pants, shirts, shawls, sarees, and scarves. You'll also find a wide range of other items in the nearby markets, including candles, yoga gear, Ayurvedic products, beauty and personal care items, religious souvenirs, healthy snacks, and more.

If you're arriving via Delhi, you may also wish to pick up a few essentials or souvenirs there before heading to Rishikesh.





WEATHER IN RISHIKESH

- Annual range: day-to-night average between $\sim 7^{\circ}\text{C}$ and $\sim 38^{\circ}\text{C}$ ($45\text{--}100^{\circ}\text{F}$)
- Coldest month: January (high $\sim 19^{\circ}\text{C}$ / low $\sim 6\text{--}7^{\circ}\text{C}$)
- Hottest months: May & June (peak highs $\sim 36\text{--}38^{\circ}\text{C}$, lows $\sim 21\text{--}24^{\circ}\text{C}$) .
- Annual average temperature: $\sim 24\text{--}25^{\circ}\text{C}$ ($75\text{--}77^{\circ}\text{F}$)



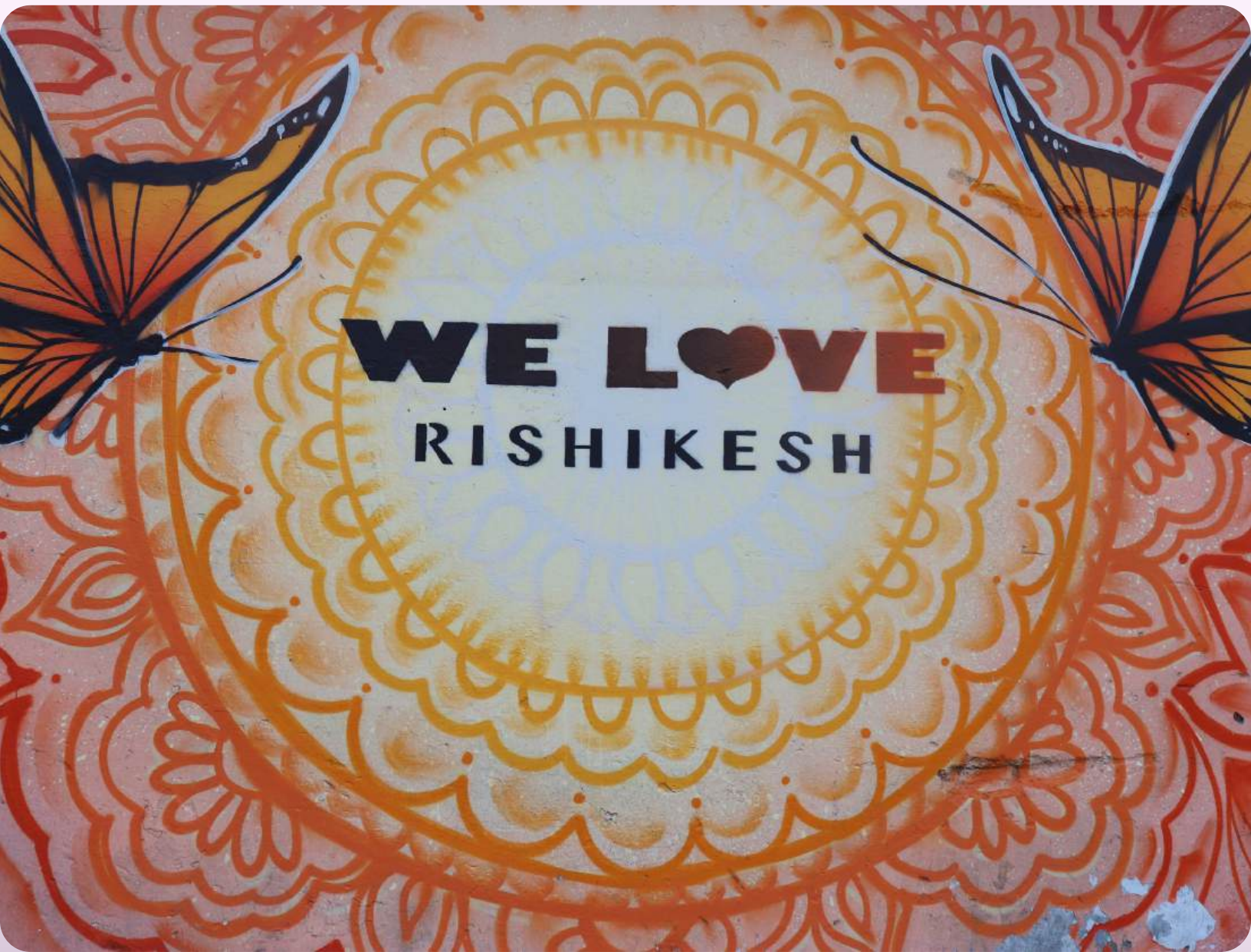


INDIAN CULTURE

There are many aspects of Indian culture that you will be able to unearth on your travels in this country. Here are some things that you will come across on your trip to India.

- Picturesque sunrises and sunsets over the holy Ganges River.
- Watch monkeys hopping amongst the trees or on the side of the roads.
- You can see docile cows wandering around the roads and streets of villages and cities.
- There will be crowds of people wherever you go in Rishikesh. The holy cities like Rishikesh you have to eat vegetarian food. You will be drenched in color everywhere you look.





WE LOVE RISHIKESH

Safety in India

Rishikesh is a very safe place for tourists. Locals are used to and can communicate in English language as well. Moreover, the transport system is also very well- developed in Rishikesh. You need to take your usual safety precautions and always keep track of your belongings. Do remember not to stray away far from your school after sun down.





PRIVATE BED ROOM



OUR SCHOOL



SHARING BED ROOM



WASHROOM



YOGA HALL



DINNING AREA

ACCOMMODATION

Stay at Hari Om Yoga Vidya School, and experience India in a relaxed atmosphere, with other spiritually like-minded individuals. The school is perfectly situated near the holy waters of the Ganges River & the snow-clad hills, with all the popular shops, markets and cafes just around the corner. See the glorious sunsets at the end of each day from the terrace balcony, where you are free to do meditation and yoga. Sleep soundly in a quiet place without noise and disruption. You can absorb the beautiful and breath-taking sights of the mountains that are visible from the yoga halls & terraces: You will get Wi-fi access.

You will get running hot water, 24 hours a day. You can access clean, sanitized, and western-style rooms with attached bathrooms. Access to filtered water system is available for students 24x7. We will give you bed sheets, blankets & pillows.





FOOD

You will be served delicious Indian vegetarian meals three times a day, prepared under strict hygienic standards and offered buffet-style. Our meals are nutritious, fresh, and designed to support your yogic lifestyle. If you have any food allergies or specific dietary requirements, please let us know in advance—we will do our best to accommodate your needs. We provide pure filtered drinking water 24/7, and bottled mineral water is also available for purchase nearby.

There are several restaurants within walking distance of the ashram, and you're welcome to explore them. However, kindly inform the kitchen management at least three hours before mealtime if you plan to skip a meal.





CONTACT US

HARIOM YOGA VIDYA SCHOOL

RISHIKESH, PO-TAPOVAN

Tahsil - NARENDRA NAGAR

District - TEHRI GARHWAL

State - UTTARAKHAND

Country- INDIA

Pin code - 249192



www.hariomyogavidyaschool.com



[@hariomyogavidya](https://www.instagram.com/hariomyogavidya)



[hariomyogavidyaschool](https://www.facebook.com/hariomyogavidyaschool)



contact@hariomyogavidyaschool.com



[+91 6397717494](https://wa.me/916397717494)





HOW TO BOOK THE COURSE?

Our seats fill up quickly because of small group, We Request you Secure your Spot/Seat as soon as Possible to avoid unavailability of Spot. for enrolling into our 200 Hour TTC You Just have to deposit 250 USD. rest of the course fee can be paid on arrival by cash or card only (with transaction fee).We are accepting different kind of payment methods, however, we kindly make a suggestion of paying the remaining balance by cash, or through online banking as it is the most convenient way for both of us.

Click the Below link if you wish to Enroll

ENROLL NOW



On the behalf of Hariom Yoga Vidya School of all the teaching Staffs and office staffs sending you much Love and Kindness from The Himalayas, Rishikesh.

Stay Blessed

A handwritten signature in black ink, reading "Parmod Sahoo".

Parmod Sahoo
Founder of

Hari Om Yoga Vidya School