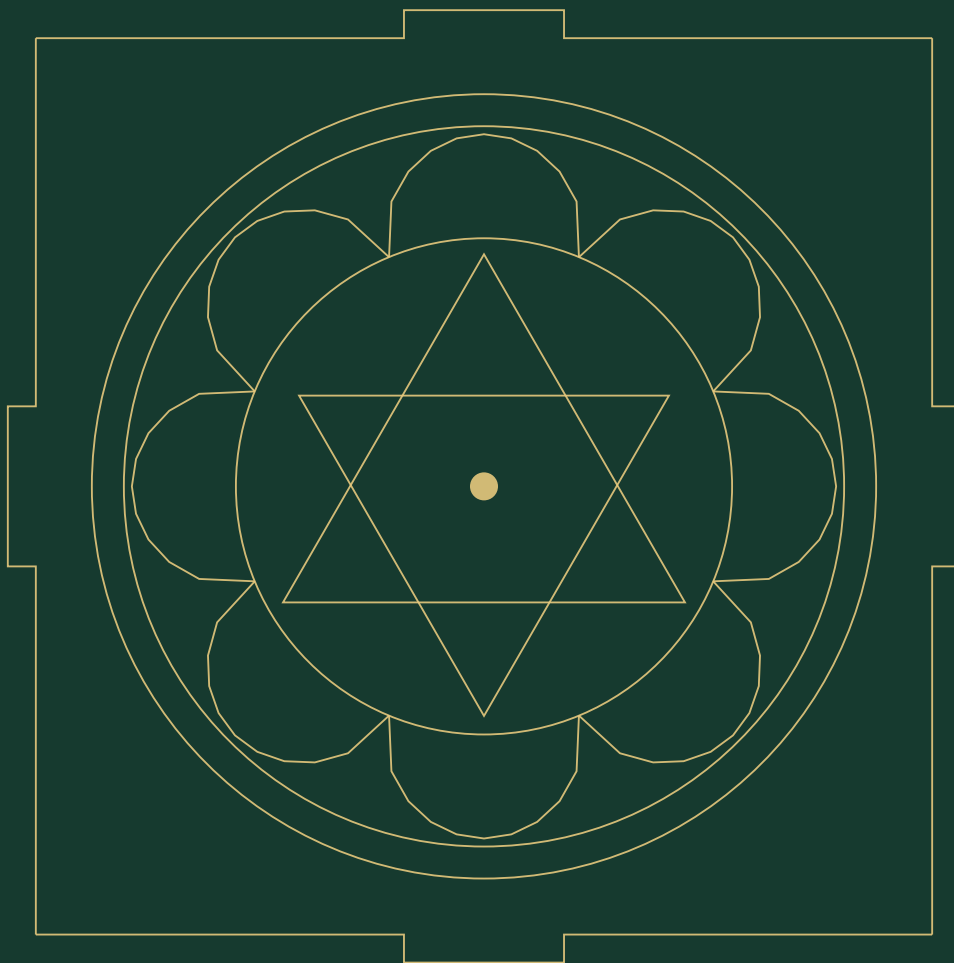


INDIA

Choosing Your 200-Hour Yoga Teacher Training

Yoga Alliance, YCB and other frameworks explained, the questions to ask, the warning signs, and training in India



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YOGIDE

Free sample

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teacher or medical advice. Questions: administration@lacangel.fr

Before you begin

A 200-hour yoga teacher training is one of the most common doors into teaching yoga, and for many people it is also the most intense month or season of practice they will ever live. It can be a deep, formative experience. It is also a significant purchase, often combined with international travel, time off work and a commitment of body and mind. Choosing well matters.

The market is crowded. There are thousands of trainings worldwide, from programmes rooted in a living lineage to courses assembled to fill a calendar. Many of them display the same logo, use the same words ("certified", "internationally recognised", "authentic") and show the same sunrise photographs. This book helps you look behind the words.

It does three things:

1. **It explains the frameworks** that surround yoga teacher training: what Yoga Alliance is and is not, what its "200-hour" standards require today, what other frameworks exist in India and in some other countries, and what a certificate does and does not prove.
2. **It gives you the questions** to ask a school, the documents to request and the warning signs to take seriously, so you can judge for yourself.
3. **It helps you prepare:** budget, travel to India, visa questions, physical and mental preparation, and the first steps after graduating.

It is built on clear rules.

No school is named, recommended or ranked. Not one. This book does not sell places on any course, and it contains no testimonials or reviews. The only organisations named are frameworks and public bodies, described by their own published documents.

Facts are checked and dated. Standards, fees and visa wording were verified online on **16 October 2026** against the official sources, and the sources are listed at the end. Where an official source was silent or ambiguous, we say so. Where a fact could not be verified, it is not in this book.

Tradition is taken seriously. Yoga is older than any registry. A good training connects you to that depth, through texts, lineage and practice. This book uses Sanskrit terms correctly, in Devanagari with IAST transliteration, and quotes classical sources in our own translations.

This guide informs; it is not legal, immigration or medical advice.

Rules on teaching yoga professionally differ from one country to another, and immigration rules are decided by the Indian authorities. Check the official sources yourself, and see a doctor before an intensive training if you have any health condition.

How to use this book

If you are at the very beginning, read Chapters 1 to 4 to understand the landscape. If you already have two or three schools in mind, go straight to Chapters 6, 7 and 8 and use the comparison grid in Chapter 14 for each of them. If you plan to train in India, Chapter 10 is essential, and the companion guide Rishikesh: The Yogi's Guide covers life on the ground.

Chapter 1. What a 200-hour training is, and what it is not

A foundation, not a destination

"200 hours" is a quantity of instruction, not a level of mastery. It became a common format because the best-known private registry, Yoga Alliance, built its foundational school credential around a 200-hour programme. A 200-hour training is designed to give you a foundation: enough technique, anatomy, philosophy and teaching practice to guide safe, well-structured general classes, and enough understanding to know what you do not yet know.

Yoga Alliance's own standards make the point indirectly: a school registered for 300-hour advanced training must prepare trainees "to teach principles and techniques of yoga that are more advanced, more detailed, and/or subtler" and to teach "with greater skill than could reasonably be expected" of a 200-hour graduate (Yoga Alliance, Standards for Registered Yoga Schools, 2025). In other words, the 200-hour level is explicitly the start.

The traditional measure: time and sincerity

The classical texts measure practice in a different currency. Patañjali's Yoga Sūtra says:

स तु दीर्घकालनैरन्तर्यसत्कारासेवितो दृढभूमिः ॥ १.१४ ॥ sa tu dīrgha-kāla-nairantarya-satkāra-āsevito dṛḍha-bhūmiḥ
"But that (practice) becomes firmly grounded when it is cultivated for a long time, without interruption, and with devotion." (Yoga Sūtra 1.14, our translation)

Long time, continuity, devotion: no certificate measures these. A good 200-hour training respects this. It does not pretend to make you a master in a month; it gives you tools, a method and a living connection to a tradition, then sends you back to your own practice.

Intensive or extended?

Trainings come in two broad formats:

- **Intensive:** often around four weeks, full days, frequently residential. Common in India and in retreat destinations.
- **Extended:** spread over several months or a year, with weekends or evening sessions, often near home.

	Intensive	Extended
Immersion	Total; rhythm of practice and study	Practice woven into daily life
Integration time	Little between modules	Time to practise, read, teach between sessions

	Intensive	Extended
Physical load	High; risk of overuse injuries	More gradual
Cost structure	Tuition + travel + accommodation + meals	Tuition, possibly travel per module
Work and family	Requires a block of time off	Compatible with a job

Neither format is better in itself. Ask yourself honestly how you learn, how your body responds to daily practice, and how much time you can give.

In person, online or hybrid

Since the pandemic, many trainings are partly or entirely online. As of 16 October 2026, Yoga Alliance allows registered schools to offer programmes "100% in-person, 100% distance learning, or a mix of both", with a minimum share of live online hours (Chapter 3). Online learning can work well for philosophy, anatomy theory and some teaching methodology. Hands-on skills, such as observing bodies in the room, safe hands-on assistance (if taught), and holding the space of a real class, are harder to learn through a screen. If you choose online or hybrid, ask exactly how practice teaching is supervised and how feedback is given.

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 35 pages.

Get it here: <https://yogide.com/>

One-time payment, instant PDF.