



Samyak

Institute of Yoga & Ayurveda

www.samyakyoga.org

About Your Yoga Ashram



Established in 2012 and leader in Yoga Teacher Training programs. Located in the serene surroundings on the outskirts of Mysore, Karnataka.

Training courses rooted in traditional yoga with a modern approach.

Samyak & Yoga Alliance

We are one of the oldest Yoga Schools to be registered with Yoga Alliance, US.

With over 2800 + teachers trained, 1700 + students registered with Yoga Alliance from 80 + nationalities Samyak Yoga Family is one of the fastest-growing Yoga Communities.



Read more on Yoga Alliance



Our Tradition



Samyak Yoga draws inspiration from the teachings of Dr. **Ramachandra Bhatt Kotemane**, fondly known as Acharya.

A scholar, mystic, and researcher in Vedic, Vedantic, and Yogic studies, Acharya has dedicated his life to preserving the undiluted wisdom of Yoga as outlined in the Vedas and Upanishads.

His profound guidance and passion for authentic Yoga have shaped the Samyak Yoga team to uphold the roots of Yoga in its traditional essence.

सदाशिव-समारम्भां शङ्कराचार्य-मध्यमाम्।
अस्मदाचार्य-प्रयन्तां वन्दे गुरुपरम्पराम् ॥

Our Tradition

Veda Vijnana Gurukulam

Gurukula System of Education

The Gurukula system of education emphasizes learning that enhances life experiences rather than merely intellectual understanding.

In our Gurukulam, the spoken language is Sanskrit (Samiskṛtam), and our Acharyas are well-versed in the Yajurveda Mantras, Bhagavad Gita, Upanishads, Brahmasutras, Yoga Sutras, and Advaita Vedanta, alongside traditional practices of Yoga Asanas, Pranayama, Meditation, Bandhas, and Mudras.

[Visit Our Gurukulam](#)



200-hour Yoga Teacher Training Courses

We offer 200-hour yoga teacher training courses in a variety of traditional styles. Typically, 3-4 courses each year focus exclusively on Hatha Yoga, Ashtanga Yoga, or Vinyasa Yoga. We intentionally keep these styles separate to provide deep, specialized training in each discipline.

Ashtanga
Yoga

READ MORE >>

Hatha
Yoga

READ MORE >>

Vinyasa
Yoga

READ MORE >>

300-hour Yoga Teacher Training Courses

advance
asanas

advance
pranayamas
meditation

mudra
kriya

tantra
&
gita

yin
&
yoganidra

Samyak's 300-hour advanced training program emphasizes sophisticated asanas, pranayama, mudras, and bandhas.

The curriculum also covers Ayurveda, the Bhagavad Gita, and Tantra, and incorporates the use of props to enhance practice.

Additionally, the program integrates Yin Yoga and Yoga Nidra techniques, ensuring a comprehensive approach to advanced yoga training.

[READ MORE](#)



Awards & Accolades

BEST
YOGA
TEACHERS'
TRAINING
INSTITUTE

BEST ECO-FRIENDLY
YOGA
INSTITUTE

MOST PROMOSING
YOGA
INSTITUTE

Tripadvisor
Travelers'
Choice Awards



Thanks for your support!



[Read more](#)

Our Ashram

[read more](#)

Nestled on the serene banks of the sacred Cauvery River, our center offers the perfect environment for deepening your yoga practice. Surrounded by nature's tranquility and free from the distractions of city life, this idyllic location creates an ideal space for meditation, kriya, and pranayama.

The gentle sound of the flowing river, the soothing breeze, and the lush greenery inspire a sense of calm and connection, making every practice a truly transformative experience.

Your Accommodations

The accommodations at Samyak Yoga Ashram are thoughtfully designed for Yoga Teacher Training students.

Enjoy serene views of sugarcane fields, palm trees, and including parrots, peacocks, and monkeys.



WiFi



Wardrobe



Laundry
Services



Hot water



Attached
Washrooms



Table & chair

Your Stay



Ayurveda Food

During the Yoga Teacher Training, we serve nutritious Yogic Indian cuisine designed to support your practice, aid detoxification, and offer a taste of Mysore's culinary heritage.

Read more about
Food

Breakfast includes brown bread, muesli, cornflakes, and fruits, while lunch and dinner feature salads, vegetables, lentils, beans, rice, soups, and occasional desserts. The meals are thoughtfully crafted to nourish and calm your body and mind, supporting the intensive training process.

Samyak Team

Samyak Yoga is a team of Yoga Teachers who studied Yoga traditionally and Ayurveda doctors, rooted in traditional Ayurveda medicine.



Yogacharya Rakesh



Dr Meghana Narayana



Nagendra Hegde

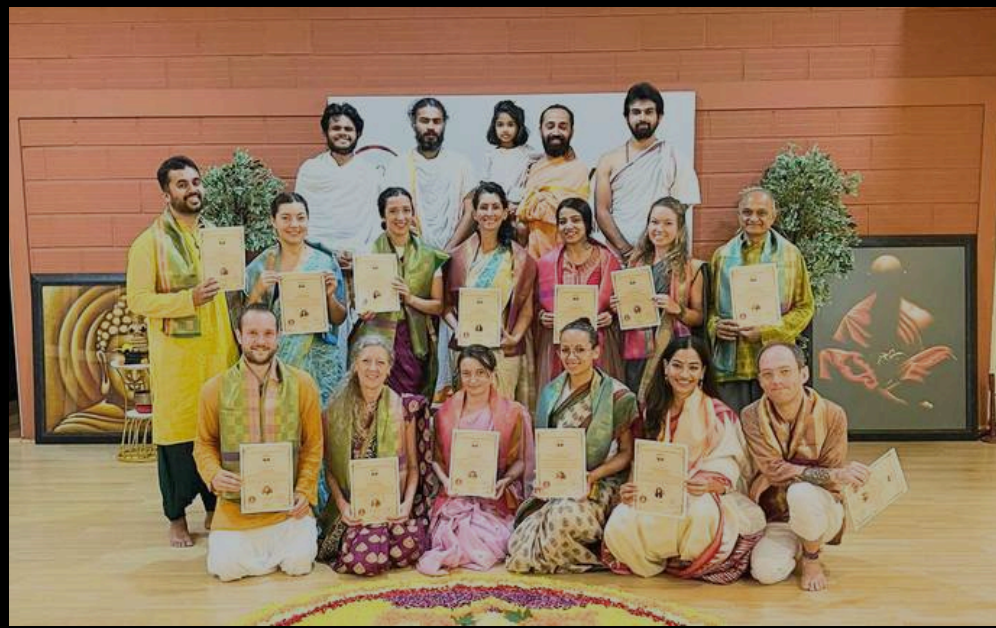


Siddappa Hebasur



Jaiprakash Singh

Our Team



Graduates Gallery

Samyak Yoga Alumni

You can see the ‘**Graduates Gallery**’ presenting the teachers trained every month and displayed with month & year



The **Yoga Teachers’ Directory** provides a monthly overview of Samyak Yoga trainees, detailing each teacher's name along with the training month, style, year, and nationality.

Teachers Directory



Dr Meghana Narayana

Director, Samyak Ayurveda

Samyak Ayurveda

Ayurveda Treatments

Ayurveda treatments are available during your leisure time throughout the training. These treatments are designed to nourish your system, rejuvenate your muscles and bones, and enhance overall health.

They are offered at an additional cost and can be availed based on recommendations from the in-house doctor.



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