Matsya Yoga,
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Rossatz 12
3602 Rossatz,
Austria
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Course Information RYS® 200 Training [EN]

General Information

Our English-language yoga teacher training adheres to high standards of quality and depth. It was designed to be applicable internationally and to give access to yogic philosophy and practice in English. The training is held in English and assisted in German if necessary.

This training is led by Clemens Biedrawa, a very dedicated and experienced yoga teacher, author and founder of Matsya Yoga. Clemens Biedrawa is a certified adult educator [60 ECTS (wba)] and Yoga Alliance Lead Trainer E-RYT 500.

wba Zertifizierter Erwachsenenbildner

E-RYT 500 YOGA ALLIANCE

1. Goal

1.1 Professional Orientation

The goal of this yoga teacher training is to enable you to teach yoga on a professional level. It is about finding the techniques, the knowledge and the confidence to teach and to establish yourself in this special and rare profession. The training is practically oriented and builds bridges between theory and practice.

1.2 Strong Philosophical Foundation

To teach with confidence, a strong foundation in philosophy and in the underlying path of yoga is necessary. It is important to us that you not only know the classical texts of yoga, but also understand and interpret them. This will allow you to navigate the complex landscapes of yogic thought with confidence – a great gift for your personal growth.

2. General Framework, Schedules and Location

2.1 Form of Training and Location

The training takes place at our centre at Rossatz 12, 3602 Rossatz, in the Wachau region. It can be attended as an intensive training. Alternatively, you can combine several weeks of different intensive trainings until all hours and subjects are covered, depending on your availability.

Current dates can be found on our website.

The intensive format extends over 26 calendar days: it starts on a Wednesday and ends on the Sunday of the fourth week. Classes are held in four weeks, each from Wednesday to Sunday, which makes 20 teaching days. A sample daily schedule is as follows:

Wachau on the Danube – Wednesday to Sunday	
08:00 – 09:00	Practice – Morning Class
09:00	Breakfast Break
09:45 – 12:15	Theory
12:30 – 13:30	Practice – Midday Class
13:30	Lunch Break
15:00 – 17:00	Theory (Thu. and Fri.)
17:30 – 20:00	Practice – Evening Classes

The 200 hours consist of 156 contact hours and 44 hours of self-study (reading, exam preparation and exams). One hour equals 60 minutes.

2.2 Flexible Entry

Our 200-hour yoga teacher training is designed to meet the individual needs of our students, whether due to professional or family commitments. You can start flexibly, which gives you the freedom to plan the beginning of your training at your convenience.

You can join whenever a training is taking place. The training is complete once you have attended all contents and hours and feel confident in teaching. It is to be completed within twelve months of your first training day; an extension is possible by arrangement.

3. Quality Assessment

3.1 Teaching Classes

We place great importance on giving our students real teaching experience. You will have the chance to lead at least two yoga classes during the training. This practical experience provides you with valuable feedback and helps you recognise your abilities as well as the areas in which you can grow. The lead trainer supports you with constructive criticism and with feedback on your talents.

3.2 Examinations and Completion

Brief self-tests at the end of each week help you deepen the knowledge you have acquired and reflect on your learning experience. Articulating what you have learned consolidates this knowledge and promotes a deeper understanding of the material.

To complete the training successfully, three conditions must be met:

1. The participant must be present for at least 90 % of the teaching time. Exceptions need to be discussed separately.
2. The weekly tests must be submitted.
3. The participant must have taught at least two demonstration classes.

If it is not possible to meet the requirements within the planned time, missed units and modules can be made up in a later training, free of charge, by arrangement.

Once all conditions are met, you receive the certificate for the 200-hour training, with which you can register with Yoga Alliance as RYT® 200. Otherwise we will, on request, issue a confirmation of the hours attended.

3.3 Participation Requirements

The following requirements apply to the 200-hour training:

1. the registration form, completely filled out, signed and returned;

2. you are of legal age (18 or older);
3. basic English skills, as the training is held in English and assisted in German.

There are no health or technical requirements. In yoga, genuine motivation and openness to learn are the true prerequisites.

4. Course Fee and Materials

4.1 Course Fee

The course fee is **2,100 euros**. It covers all teaching, the training materials, the examinations and the certificate. The price applies regardless of whether you choose the intensive training or an individual schedule.

You register with the application form. After our confirmation, a deposit of 500 euros is to be transferred; it secures your place. The remaining course fee is to be paid on the first training day at the latest. You receive an invoice for every payment.

Matsya Yoga is an Ö-Cert-certified educational institution; the training may therefore be eligible for funding in Austria. Information can be found on our funding page (in German).

4.2 Accommodation

Accommodation and meals are not part of the course fee. Three apartments are available on site; they are offered and invoiced separately by Danube Atelier, an independent rental partnership, and are assigned according to availability.

For training participants, accommodation costs **150 euros per week** (Wednesday to Sunday), i.e. **600 euros** for the four weeks of the intensive training, so course fee and accommodation together amount to 2,700 euros. For single nights: 25 euros per night in a shared room, 40 euros in a single room and 65 euros for a studio apartment.

You can also stay at the campsite in Rossatzbach or at home and simply join the training hours.

4.3 Training Materials

The training materials are included in the course fee. If you would like to order them separately beforehand, for preparation or personal use, you can find the three parts here: Part 1, Part 2, Part 3.

5. Brief Syllabus of the RYS® 200 Training

The 200-hour training is divided into four modules, each comprising one week from Wednesday to Sunday. Each module amounts to 50 hours: 39 contact hours and 11 hours of self-study.

1. **Philosophy and History of Hatha and Kundalini Yoga – 50 hours**

In the first module we delve into the Yoga Sutras of Patanjali, the Bhagavad Gita and the Ishavasya Upanishad and use these important texts to explore the foundations of yoga philosophy. We examine the origins of Hatha and Kundalini Yoga, how they evolved from early Tantra, and their significance in today's world. This module is also about building a bridge between this philosophy and the concerns of our time – spiritual, social and ecological.

2. **Yogic Anatomy, Chakras, Koshas, Prana, Psychology, Western Anatomy – 50 hours**

The second module explores the inner world of yoga and yogic mysticism, as well as techniques that can be derived from it for designing special classes.

We read sections of the Manthan Bhairava Tantra and Purnananda's Sat Chakra Nirupana. We discover the psychological dimension of yogic anatomy and how the practice of yoga can act as a gateway to our inner world of experience. We explore exercises for these inner worlds, the meaning

of bija and sound in yoga, the koshas and prana as the flow of life, as well as classical Western anatomy.

3. **Class Design, Didactics, Asana, Kriya – 50 hours**

The third module is central: here you learn the art of structuring a yoga class and study the rules and didactics of teaching. You learn how to create a natural flow in every class and how to develop your talents in yoga. Yoga is not only a way of designing special classes, but also a way of bringing out your inner self in the art of yoga and enriching the world with it. In this context we explore the Pavanmuktasana series as well as 42 classical asanas of Hatha Yoga and kriyas.

4. **Pranayama, Bandha, Mudra, Meditation – 50 hours**

In the fourth module we read the Hatha Yoga Pradipika and the Goraksha Shataka. Both texts focus on Kundalini Yoga techniques such as bandha, mudra and breathing techniques, as well as on meditation. In this module we mainly explore breathing techniques and meditations and, of course, how these elements can become part of a yoga class.

Altogether, the 200-hour training covers a broad range of topics, from philosophy and yogic anatomy to class design and meditation techniques. If you have any questions, please contact us directly: home@yogamatsya.com.

6. Terms and Conditions, Withdrawal and Cancellation

The General Terms and Conditions of Matsya Yoga apply in the version valid at the time of registration; the German version is legally binding. They are also available on site. The most important points in brief:

Right of withdrawal. If you register by e-mail, by telephone or via the website, you may, as a consumer, withdraw within 14 days of the confirmation of your registration without giving reasons; an e-mail to home@yogamatsya.com is sufficient. All payments are refunded within 14 days.

Cancellation. After that, the following applies to trainings:

Written cancellation received	Amount retained by the association
More than 60 days before the start	Handling fee of 100 euros
60 to 30 days before the start	Deposit of 500 euros
Less than 30 days before the start	50 % of the course fee
From the start or if you drop out	100 % of the course fee

If a replacement participant is found for your place, only the handling fee is retained. If you have to interrupt a training you have started for an important reason beyond your control (for example an illness confirmed by a doctor), you can make up the missing modules within two years free of charge.

Cancellation by us. If Matsya Yoga has to cancel a training, you can choose between an alternative date and a full refund. If your application is not accepted, all payments are refunded.

07.10.2026, Rossatz, Austria

Clemens Biedrawa – Course Management