

200-Hour Standards

Curriculum must incorporate training hours in the following educational categories:

Techniques Training/Practice (110 hours)

Includes asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional Yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Note: Contact Hours in this category must be in a dedicated Yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

Teaching Methodology (25 hours)

Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching Yoga. Although your curriculum may include more than five hours on business aspects of teaching Yoga, a maximum of five such hours can be counted.

Anatomy and Physiology (25 hours)

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to Yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of five hours must be spent applying anatomy and physiology principles to Yoga.

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (35 hours)

Includes the study of Yoga philosophies, Yoga lifestyle and ethics for Yoga teachers. A minimum of two contact hours must be spent on ethics for Yoga teachers.

Note: A minimum of 2 contact hours must be spent on ethics for Yoga teachers.

Practicum (10 hours)

Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

Electives (15 hours)

Elective hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact hours).

Total Contact Hours: 205 hours

Total Non-Contact Hours: 40 hours

Total Hours: 245 hours