

500 Hour Standards - effective through December 31, 2007 for both new RYSSM 500 applicants and existing RYSSM s 500

CATEGORY	REQUIRED HOURS	REQUIRED MINIMUM CONTACT HOURS*	DESCRIPTION
Techniques	150 hours	75 hours	Includes asanas, pranayamas, kriyas, chanting, and meditation. These hours include both training in the techniques and the practice of them.
Teaching Methodology	30 hours	15 hours	Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.
Anatomy and Physiology	35 hours	17.5 hours	Includes both physical Anatomy and Physiology (bodily systems, organs, etc.) and astral/energy/subtle Anatomy and Physiology (chakras, nadis, etc.)
Philosophy/Ethics/Lifestyle	50 hours	25 hours	Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for yoga teachers, 'living the life of the Yogi', etc.
Practicum	40 hours	20 hours	Includes student teaching as well as observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.
Remaining Hours	185 hours		<i>Hours to be distributed among the categories above according to the school's chosen emphasis (may be contact or non-contact hours). These hours do not necessarily represent student electives.</i>
Remaining Contact Hours		197.5 hours	Additional contact hours required to meet the overall minimum standards; <i>these hours must be distributed among the first five categories above.</i>
Total Hours	500 hours	at least 350 hours	1 HR. = 60 Minutes *Contact hours means that the Teacher Trainer is physically in the presence of the student. Non-contact or independent study hours may include: assigned reading or other homework, non supervised study groups, observing yoga classes, etc.
Teaching Experience	100 hours		An additional 100 hours of teaching experience, outside of the 500 hours of training, are required before a teacher can enroll in the Registry.