



standards for 200-hour level yoga teacher training course

These standards explain Yoga Alliance International's requirements for yoga school that offers 200-hour level yoga teacher training course. Topics must be relevant to the educational areas below. Yoga school must indicate the minimum number of contact and non-contact hours for each educational area, which may be distributed according to the school's yoga tradition and style.

| Educational Area | Contact Hours* | Non-contact Hours | Total Hours |
|--|-----------------------|--------------------------|--------------------|
| <p>Techniques, Training and Practice. Topics may include, but not be limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between analytical training in how to teach and practice the techniques, and guided practice of the techniques themselves.</p> | 70 - 90 | 25 - 45 | 115 |
| <p>Teaching Methodology. Topics may include, but not be limited to: communication skills, addressing the specific needs of students in a group setting, principles of demonstration, observation, assisting and correcting, teaching styles, qualities of a teacher, student learning process, and business aspects of teaching yoga.</p> | 15 - 20 | 5 - 10 | 25 |
| <p>Anatomy and Physiology. Topics may include, but not be limited to: human physical anatomy and physiology, energy anatomy and physiology, and study of anatomy and physiology with its application to yoga practice such as benefits, contraindications, healthy movement patterns, etc.</p> | 10 - 15 | 10 - 15 | 25 |
| <p>Practicum. Topics may include, but not be limited to: practice teaching, giving and receiving feedback, observing others teaching, assisting students while someone else is teaching.</p> | 10 | 0 | 10 |
| <p>Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers. Topics may include, but not be limited to: study of yoga philosophies and traditional texts such as the <i>Yoga Sutras</i> and <i>Hatha Yoga Pradipika</i>, yoga lifestyle such as the precept of non-violence, and the concepts of dharma and karma, ethics for yoga teachers such as those involving teacher and student relationships, and understanding the value of teaching yoga as a service to the community.</p> | 25 | 0 | 25 |
| <p>Electives. May be contact or non-contact hours (30 hours total) distributed among educational areas according to the yoga school's yoga tradition and style.</p> | | | |
| Total Hours | 130 - 160 | 40 - 70 | 200 |

*Contact hours must be spent learning with the lead trainer who must be an Established Certified Yoga Teacher (E-CYT).