



standards for 500-hour level yoga teacher training course

These standards explain Yoga Alliance International's requirements for yoga school that offers 500-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>	135 - 175	50 - 90	225
<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>	25 - 30	10 - 15	40
<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>	20 - 30	20 - 30	50
<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>	30	30	60
<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	50	75
<p>Psychology and Spirituality. Topics may include, but not be limited to: chitta, manas, buddhi, ahankara, alayavjñana, smriti, samskaras, vasanas, koshas, marmas, etc.</p>	20	30	50
<p>Electives. May be contact or non-contact hours (160 hours total) distributed among educational areas according to the yoga school's yoga tradition and style.</p>			
Total Hours	255 - 310	190 - 245	500

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