

YOGA TEACHER TRAINING (YTT) SCHEDULES AND GRID FOR RYSSM 200 APPLICATION

INSTRUCTIONS

Fill out the schedule pages as illustrated in the sample following. Once your curriculum is approved, as long as the same subject matter, for the same length of time, is covered each time you offer your training, you are not required to offer it in exactly the same format each time it is conducted.

GUIDELINES

See chart on following page for category definitions and distribution of minimum required hours among categories.

- **Hours**—One hour equals 60 minutes. Time allocated for meals, or for breaks longer than 10 minutes, does not count as program hours.
- **Contact hour**—A contact hour is a classroom hour in the physical presence of a faculty member.
- Although Yoga AllianceSM honors and respects related disciplines and traditions, both contact and non-contact hours are limited to areas that fall within the scope of traditional yoga studies.
- Yoga AllianceSM strongly recommends CPR (cardiopulmonary resuscitation) and first aid training for all RYTSMs, and suggests that all schools recommend it to their trainees. CPR and first aid training hours cannot be counted toward satisfying the minimum YTT curriculum hour requirements.

Community Yoga Classes (i.e., yoga classes that are offered to the general public) are no longer acceptable as contact hours in a RYSSM curriculum. Although there can be value in teacher trainees observing teaching styles, classroom dynamics, etc., in community classes, we believe that this is not an adequate substitute for actual YTT classes. Therefore, a RYSSM may count attendance at a community class only as non-contact hours, as outlined below. However, Teaching Methodology or Practicum contact hours may be earned if teacher trainees (a) observe or assist a community class taught by a YTT faculty member, or (b) teach community classes under the direct supervision of a YTT faculty member, and receive feedback from that faculty member.

Allowable Non-Contact Hours

Any of the following, in order to be counted, must be an *assigned* part of the curriculum.

- *Assigned outside study with an assessment process*—Includes reading, audio/video, internet, etc. The assessment process could be a written report, class discussion, class presentation, test, etc. It is expected that these outside resources will be thoughtfully chosen to support the teacher training process and be directly relevant to the subject of yoga (its practice and/or teaching) and/or anatomy and physiology. Such hours can be counted for all subject categories except Practicum.
- *Written assignments to be handed in*—Such hours can be counted for all subject categories except Practicum.
- *Group activities*—Includes directed discussion, techniques practice, teaching practice. Such hours can be counted for all subject categories.
- *Evaluating yoga classes outside the YTT*—Such hours can be counted only for the Techniques, Teaching Methodology, and Practicum categories. A maximum of two hours credit can be obtained for each class evaluated, and each class must be evaluated via a written or oral exercise.
- *Teaching outside classes*—Such hours must be documented and can be counted only for the Practicum category.

Examples of Unallowable Non-Contact Hours

- Personal private practice.
- Attending classes intended for the general public without a corresponding evaluation process as described above under “Allowable Non-Contact Hours.”

200-Hour RYS SM Standards Category	Minimum Hours		Notes on Category
	Total	Contact	
1. Techniques Training/Practice —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.	100	75 (50 with primary E-RYT SM s *)	Contact hours in this category must be in a dedicated YTT environment (into which others might occasionally be invited) rather than in classes intended for the general public.
2. Teaching Methodology —Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.	25	15 (10 with primary E-RYT SM s*)	Although your curriculum may include more than 5 hours on business aspects of teaching yoga, a maximum of 5 such hours can be counted.
3. Anatomy & Physiology —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).	20	10	A minimum of 5 hours must be spent applying A&P principles to yoga.
4. Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers —Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers.	30	20	A minimum of 2 contact hours must be spent on ethics for yoga teachers.
5. Practicum —Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.	10	5 with primary E-RYT SM s *	A minimum of 5 contact hours must be spent actively teaching (not assisting or observing others teach).
Remaining Hours - Hours to be distributed among the categories above according to the school's chosen emphasis (may be contact or non-contact hours).	15		
Contact hours required to meet the overall minimum standards; these hours must be distributed among the five numbered categories above, and may be taught by any faculty members.		55	Total required minimum contact hours for each standards category are indicated in the preceding column. As long as the minimum number of required contact hours in each category is satisfied, the remaining 55 contact hours may be distributed among the five categories as your school chooses.
Total Hours	200	180	

*or equivalent

SCHOOL NAME: Happy Yoga School (HYS)

SAMPLE YOGA TEACHER TRAINING (YTT) SCHEDULES FOR 200-HOUR PROGRAM

YTT Meeting Date/ Time Information (Required on first page only): May 2007 through April 2008, one weekend per month; Designated Fridays, 6-9 p.m.; Saturdays and Sundays 9 a.m. – 12 p.m. and 2 – 5 p.m.

This Page Details the Following YTT Meetings: First two weekends, May and June 2007

YTT Meeting Date	Topic(s) Covered	Category of Topic T= Techniques TM = Teaching Methodology A&P = Anatomy and Physiology PLE = Yoga Philosophy/ Lifestyle/ Ethics PR = Practicum	Contact Hours With and Name of E-RYT SM	Total Contact Hours
Friday May 4, 2007	Structure of Program; Overview of HYS's Philosophy of Teaching Yoga	T PLE	1.0, Yogini Happy	1.0 2.0
Saturday May 5, 2007	Yamas & Niyamas	PLE		1.0
	Asanas – Forward Bends	T TM	3.0, Yogini Happy 1.0, Yogini Happy	3.0 1.0
	Pranayama – Dhirga breath	T TM	.5, Yogini Happy .5, Yogini Happy	.5 .5
Etc. (each row following to be completed for one meeting date)				

SCHOOL NAME: _____

YOGA TEACHER TRAINING (YTT) SCHEDULES FOR 200-HOUR PROGRAM – DUPLICATE THIS PAGE AS NECESSARY

YTT Meeting Date/ Time Information (Required on first page only): _____

This Page Details the Following YTT Meetings: _____

YTT Meeting Date	Topic(s) Covered	Category of Topic (see sample for abbreviations)	Contact Hours With and Name of E-RYT SM	Total Contact Hours

SCHOOL NAME: _____

SUMMARY OF YTT SCHEDULES FOR 200-HOUR PROGRAM

CATEGORY	TOTAL CONTACT HOURS WITH E-RYT SM	TOTAL OVERALL CONTACT HOURS
T		
TM		
A&P		
PLE		
PR		
DESCRIPTION OF NON-CONTACT HOURS	CATEGORY	TOTAL NON-CONTACT HOURS IN CATEGORY
	T	
	TM	
	A&P	
	PLE	
	PR	

Transfer the totals of contact hours with E-RYTSM(s), overall contact hours, and non-contact hours in each category to the DOCUMENTATION OF HOURS FOR 200-HOUR TEACHER TRAINING PROGRAM grid on the following page.

SCHOOL NAME: _____

DOCUMENTATION OF HOURS FOR 200-HOUR TEACHER TRAINING PROGRAM

Total Program = all contact hours + non-contact hours as outlined in the YTT guidelines. Hours in any category may exceed the minimums listed. Each student must complete the number of hours listed.

Details of the contact with primary E-RYTSM (s), and with other than primary E-RYTSM(s), as well as non-contact hours, must be separated among the categories listed.

200 HOUR PROGRAM	Techniques 100	Teaching Methodology 25	Anatomy/ Physiology 20	Philosophy, Ethics, and Lifestyle 30	Practicum 10	GRAND TOTALS
	Remaining 15 hours (contact or non-contact) must be distributed among these categories.					
Contact Hours With Primary E-RYT SM (s)	50 required	10 required			5 required	
Contact Hours With Other than Primary E-RYT SM (s)						
TOTAL CONTACT HOURS (total of prior rows)	75 required	15 required	10 required	20 required	5 required	125 + 55* = 180 required
Non-Contact Hours						
CATEGORY TOTALS (total of contact + non-contact)						200 required

*The remaining 55 contact hours may be distributed among the five categories as your school chooses.