Yoga Alliance 200-Hour Standards

**Techniques Training/Practice (100 hours)**75 contact hours, 50 with primary E-RYT®s (Experienced Registered Yoga Teachers)

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)**15 contact hours, 10 with primary E-RYTs

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 (20 hours)**10 contact 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 (30 hours)**20 contact 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)**5 contact hours with primary E-RYTs

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

*Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)*

**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).

55 Remaining Contact Hours

Contact hours to be distributed among educational categories according to the school’s chosen emphasis.

**Total: 200 hours**Total Contact Hours: 180

In order to complete the requirements of the Yoga Alliance, all participants in The Lake Tahoe Yoga School must complete the entire course. Participants have up to 3 years to complete all of the requirements. Upon completion, all materials will be submitted to the Yoga Alliance for approval. Certified teachers will receive Yoga Teacher Registration (RYT) for their 200 hours.