



## STANDARDS

### TEACHER TRAINING AND INDIVIDUAL STANDARDS

This section gives details of requirements to be fulfilled by the Yoga Centre for Certification at the 500 and 200 hour levels, in order to ensure that all graduating students meet our high educational standards. 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. The total hours given below are the minimum requirements.

□ 200 – Level YTTC Program

**Techniques** (total 130 hours with 90 contact hours) Training in the techniques and practice of: Asanas, pranayamas, kriyas, ekagrata, pratihara, dharana, samadhi, samyama, sama, exercises or yoga vyayamas, mantras chanting, and meditation.

**Teaching Methodology** (total 20 hours with 15 contact hours) Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.

**Anatomy and Physiology** (total 10 hours with 5 contact hours) Physical Anatomy and Physiology and astral/energy/subtle Anatomy and Physiology.

**Practical Teaching** (total 20 hours with 10 contact hours) Student teaching as well as observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised.

**Homework** (total of 20 non-contact hours) Includes personal practice of specified yoga techniques, journaling, and specific essay assignments.

□ 500 – Level YTTC Standards

**Techniques** (total 220 hours with 200 contact hours) Training in the techniques and practice of: Asanas, pranayamas, kriyas, ekagrata, pratyahara, dharana, samadhi, samyama, sama, exercises or yoga vyayamas, mantras chanting, and meditation.



- **Teaching Methodology** (total 45 hours with 35 contact hours) Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.
- Anatomy and Physiology** (total 50 hours with 20 contact hours) Physical Anatomy and Physiology and astral/energy/subtle Anatomy and Physiology.
- Psychology and Spirituality** (total 50 hours with 25 contact hours) Psychology and Spirituality (Chitta, Manas, Buddhi, Ahamkara, Alayavjñana, Smriti, Samskaras, Vasanas , Koshas and chakras, marmas, nadis, etc.
- Philosophy/Ethics/Lifestyle** (total 75 hours with 30 contact hours) Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for the yoga teacher, and developing a healthy yogic lifestyle.
- Practical Teaching** (total 60 hours with 20 contact hours) Student teaching as well as observing and assisting in classes taught by others.

## CERTIFIED SCHOOL STANDARDS

This code of conduct is a statement of acceptable ethical and professional behavior by which all certified schools agree to abide by. Conducting the Yoga School in a professional and ethical manner.

- Recognize the limitations of my skills and realm of practice and when appropriate, refer students to a specialized instructor.
- Respect the privacy and personal rights of all students while supporting diverseness by respecting students regardless of age, physical limitations, gender, ethnicity, sexual orientation or religion.
- Avoid words and actions that may be considered sexual harassment.
- Follow the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all national and local laws that apply to my yoga teaching and business.
- Maintain a safe, comfortable, and clean environment for yoga practice.