

300 Level Yoga Teacher Training

By completing both the 200 Level and 300 Level Trainings, you will be eligible for the RYT 500 designation with Yoga Alliance.

Requirements to Complete for the RYT-500 Certification with Yoga Alliance

- 1) Complete the 200 level program
- 2) Attend the 300 level in-person training workshops
- 3) Complete a teaching log for 30 hours of teaching time
- 4) Complete a practice log for 60 hours of practice time
- 5) Complete at least 1 practicum during the group training time
- 6) Complete at least 1 practicum after either in-person or via skype
- 7) Complete the Anatomy Coloring Book Assignment
- 8) Complete a 1-page paper describing your views on the role of the yoga teacher (for your students and for society at large)
- 9) Complete a 1-2 page paper discussing the yoga sutras, and how you may apply specific parts of the sutras to your own life and your students' lives.

More on the Requirements

Complete the 200 Level Program

Anyone who is attending the RYT 300 program should already have their RYT 200 certification.

Attend the 300 Level In-Person Training Workshops

All trainees are required to attend all the 300 Level in-person group training sessions.

Complete a teaching log for 30-40 hours of teaching time

Complete the Yoga Teaching Log form, showing that you have taught at least 30 hours of class. You can include any classes, informal groups, or workshops you have taught during the six months prior to the in-person training, or anytime after the in-person training.

Complete a practice log for 60-70 hours of yoga class attendance or assisting time

Complete the Yoga Practice log form, indicating that you have taken at least 60 hours of yoga class or workshop time (beyond the in-person training). You can include any classes or workshops you attended during the eight months prior to the in-person training, or anytime after the in-person training.

Complete a Practicum during the In-Person Group Training Sessions

You will need to teach a 50 minute to 1 hour class to the training group that will be evaluated by the group and by the training leader. If the group is large, it will be split into multiple groups for scheduling.

Complete a Practicum via After the Group Training Sessions – In Person or via skype

You will need to complete one additional practicum with the training leader either in-person, or it can be done via Skype, or you can film yourself teaching a class or demonstrating how you would teach a class. This practicum should also be 50 minutes to one hour. If you film yourself, your video can be sent to the training leader at the address below on a usb stick, or can be uploaded to YouTube, or can be shared through a file sharing site, such as DropBox.

Complete the Anatomy Coloring Book Assignment

Color specific assigned pages that have been printed out from the Anatomy Coloring Book.

Complete a 1-page paper describing your views on the role of the yoga teacher
(for your students and for society at large)

Describe the most important characteristics and the responsibilities of a yoga teacher in your view. What do you hope to bring to your students and to society through your work as a yoga teacher?

Complete a 1-2 page paper describing the Yoga Sutras and how you may apply some of the teachings in the Sutras to your own life or to the lives of your students.

Pick out the parts of the Sutras that have meaning for you and explain how those teachings can relate to modern life and to the lives of your students and yourself.

Contact Information:

Nancy Wile
Yoga Education Institute
23371 Mulholland Drive, #243
Woodland Hills, CA 91364
(818) 515-0385 – direct number
(866) 790-2040
info@yogaeducationinstitute.com