



Below are the instructions for completing the online course portion of your 200 Hour Yoga Teacher Training.

All your materials for the online course and from your 200 Hour Training can be found on the materials webpage. This page will be updated periodically to reflect any additions to the materials for your reference.

This online course is divided into the following main sections:

- Understanding Yoga and Successful Yoga Teaching Practices
- Teaching and Practicing Warm-Ups and Sun Salutations
- Teaching and Practicing Standing, Kneeling and Balancing Postures
- Teaching and Practicing Seated Postures
- Teaching and Practicing Arm Balances, Lying, and Inverted Postures
- Physiology of Breathing and Teaching Pranayama
- Teaching and Practicing Meditation
- Teaching Relaxation and Savasana
- Sequencing for Different Yoga Styles
- Anatomy of Movement in Hatha Yoga
- Effective Use of Props in Yoga
- Introduction to Sanskrit
- Yoga Sutras
- Yoga Business Planning

You will also find the following references: 1) sample classes (both print and video sample classes, including transcripts from yoga sessions), 2) recommended readings, and 3) sample forms.

In addition, you will also find the materials that are only part of the 200-hour program, including:

- Partner Yoga and Hands On Adjustments
- Chair Yoga
- Yoga for Specific Health Issues
- Teaching Yoga to Prenatal Students (Keeping Pregnant Students Safe)
- Teaching Yoga to Kids
- Introduction to Yin Yoga
- Introduction to Iyengar Yoga
- Introduction to Ashtanga Yoga

- Yoga Philosophy and Literature
- Advanced Asanas
- Introduction to Chakras
- Mudras

Your assignments for Online Portion of the 200 Hour Program consist of five parts:

- 1) A written exam based on the Yoga Education Institute's Yoga Teaching Manual (open book exam)
- 2) A 2-3 page written review of one of the recommended readings (explaining the main points of the reading and your personal reactions to the reading)
- 3) Completion of a practical exam: a video of you teaching yoga (actual class or demonstration)
- 4) Submit a signed copy of the Yoga Teacher Ethical Guidelines
- 5) Submit a completed Yoga practice log.
- 6) Anatomy Coloring Book assigned pages

Upon completion of this course, along with the in-person training sessions, you will be eligible for registration with Yoga Alliance at the 200 level. You will also be listed in our upcoming yoga teacher directory.

Instructions for Assignments:

- 1) The Written Exam must be completed within 1 year of receipt of the Yoga Teacher Training Manual. All answers on the written exam should be in complete sentences. The exam can be emailed to: info@yogaeducationinstitute.com. Please include your answers in the text of the email. If your answers are written in a Word document, you can attach your file to your email. Otherwise, please include your answers in the text of the email, if possible (rather than as an attachment).
- 2) The written review of one of the recommended readings must also be completed within 1 year of receipt of the Yoga Teacher Training Manual. To order any of the recommended readings online, please visit: <http://yogaeducation.org/bookstore.html>. The review should focus on the main points of the book, your reaction to the book and how the book relates to or affected your approach to teaching yoga.
- 3) The Practical Exam must be completed within 1 year of receipt of the Yoga Teacher Training Manual. The practical exam consists of a 45-60 minute video of you teaching a yoga class (including breathing, asanas and relaxation or meditation). The video can be of you teaching an actual class or a demonstration of you teaching class without students present. The video can be uploaded to youtube (or other video posting site), shared through dropbox (or other file sharing site), or sent on a usb stick via regular postal mail to the address listed below. You can also request to teach a class directly to Nancy via google hangouts, facebook messenger, zoom, skype, or other video conferencing service.

- 4) A signed copy of the Yoga Teacher Ethical Guidelines can be mailed to the address below. Or you can scan and email your signed copy to: info@yogaeducationinstitute.com, or fax it to: 1-866-480-2416 and put to the attention of Nancy Wile.
- 5) The completed Yoga Practice Log must be submitted within 10 months of beginning the Teacher Training Program. See the Yoga Practice and Teaching Logs file and complete the tables indicating dates/times/locations of yoga classes attended or taught as well as home practices completed. You should have completed at least 30 hours of yoga practice before submitting this form. You may scan/email, or fax, or mail the logs.
- 6) Anatomy Coloring Book Assignment. This will be handed out and explained during the in-person yoga teacher training sessions.

The written exam and book review can be emailed to: info@yogaeducationinstitute.com. Please include your assignments/exams in the text of the email. If you are using a Word document, you can attach the file. Otherwise please copy/paste your answers into the text of your email. You can also mail your assignments to: Yoga Education Institute, 23371 Mulholland Drive, #243, Woodland Hills, CA 91364. Attention: Nancy Wile.

If you have any questions about the Online Portion of the Yoga Teacher Training, please email Nancy Wile at: info@yogaeducationinstitute.com