



300-hour Requirements Guide

for the Completion of the Seattle Yoga Arts Advanced Teacher Training Program

We are thrilled and honored to have you enrolled in the 300-hour Advanced Teacher Training Program at Seattle Yoga Arts! To qualify for completion and receive your certification as a 500-hour RYT, you must meet the standards as set forth by SYA **and** Yoga Alliance. The following information will serve as a guide to understanding these standards and assist you in tracking your hours.

Basic Program Guidelines

- You have **four (4) years** from the date of your acceptance into the program to complete your 300 hours of training.
- You may choose modules as you like, but you must complete hours in each category as specified below.
 - ***Please note: These requirements are set by Yoga Alliance and are subject to change. While we will do our best to inform you of any changes, it is ultimately your responsibility to monitor the Yoga Alliance website, so that you can be assured you remain in compliance. We recommend you bookmark the following link and refer to it periodically throughout the course of your training:***
<https://www.yogaalliance.org/Credentialing/Standards/300-HourStandards>
- You are responsible for tracking your own hours in the required categories.

Definition of SYA Program Staff

SYA Lead Trainers 2017: Seattle Yoga Arts Lead Trainers are Denise Benitez, Amy Reed, Greta Hill, Claudette Evans, and Ellen Boyle.

SYA Non-lead Trainers 2017: Other Seattle Yoga Arts instructors *with current RYT registration with Yoga Alliance.*

Faculty: These are guest instructors at SYA and/or instructors at other studios as approved by SYA. Recent faculty has included Susan Grote, Michael Jacobus, Sean Haleen, Amanda Ford, and Matthew Remski. *Please check with SYA Program Administrators for current list of faculty members or for help determining whether an instructor qualifies before enrolling in a class or workshop.*

Program Administrators:

Nicole Bratt, seattleyogaartsmgr@gmail.com

Denise Benitez, yogaarts@comcast.net

Kathryn Cree Bouchard, kathryn@seattleyogaarts.com



300-hour Advanced Teacher Training Standards from Yoga Alliance (as of June 2017)

- A specified number of hours in each of the five Educational Categories must be completed through a combination of:
 - **Contact Hours with SYA Lead Trainers**
 - **Contact Hours with SYA Non-lead Trainers and/or Faculty**
 - **plus 30 Non-contact Hours.**
- The minimum **Contact Hours with SYA Lead Trainers** may be earned by attending:
 - SYA's monthly 300-hour training modules
 - Stand-alone workshops offered by Lead Trainers
 - Private sessions with Lead Trainers

Please note: Qualifying workshops and events should be noted in the SYA online descriptions. However, please ask SYA Program Administrators, if you aren't sure.

- Remaining **Contact Hours** may be earned by attending sessions/workshops with SYA Lead Trainers, SYA Non-lead Trainers and/or Faculty.
- **Non-contact Hours** (maximum of 30) constitute learning that occurs without a Trainer or Faculty member present. *See below for details on what qualifies.*
- If you have a question about whether or not something qualifies, please ask the Program Administrators before you enroll in a class or workshop!

Distribution of Required Program Hours

Total hours may exceed 300 hours provided you meet the Total Program Hours in each category as listed below. See following pages for Educational Category descriptions.

Educational Category	Total Program Hours	Minimum Contact Hours with Lead Trainers	Remaining Hours*
Techniques, Training & Practice	85	45	40
Teaching Methodology	65	35	30
Anatomy & Physiology	20	0	20
Philosophy, Lifestyle & Ethics	40	20	20
Practicum	30	20	10
Electives	30	15	15
Non-contact Hours	30	0	30
Total Training Hours	300	135	165

*Remaining hours may be taken with Lead Trainers, Non-lead Trainers and/or Faculty.



Educational Categories of Practice & Study

Techniques, Training & Practice

Includes study of asana, pranayama, chanting, mantra, meditation, alignment principles, and other traditional yoga techniques. These hours must be a balance between training in how to teach and guided practice of the techniques themselves. Includes how to teach to special populations, such as prenatal, women's yoga, yoga for trauma, how to teach sequentially, how to teach with a theme, etc.

Teaching Methodology

Includes communication skills, taking the seat of the teacher, qualities of a teacher, how students learn, principles of demonstrating, observation of classes, verbal and manual adjustments, managing the classroom, the psychology of dynamics between student and teacher, language, voice, defining and developing your personal teaching style, how to conduct a private lesson, how to teach multiple level classes, etc.

Anatomy & Physiology

Includes human physical anatomy, kinesiology and physiology, as well as subtle energy anatomy and physiology (chakras, kundalini, nadis, etc).

Please note: A minimum of 10 hours must apply anatomy and physiology principles to yoga.

Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers

Includes study of yoga philosophies and traditional texts, qualities of a yogic lifestyle, ethics for yoga teachers, teacher/student relationships, yoga as service, study of gods and goddesses in Hindu tradition, how to study sacred texts, Ayurveda, etc.

Please note: A minimum of 2 hours must be spent on ethics for yoga teachers.

Practicum

Practicum hours can be earned through the following:

1. Practice teaching: You must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor.

2. Observing others teaching

Please note: Evaluation and/or observation of yoga classes at other yoga studios would constitute Non-contact Hours.

3. Receiving and giving feedback

4. Assisting while others are teaching

Practicum hours with Lead Trainers will be scheduled either as stand-alone Practicum sessions throughout the year or incorporated into some of the 300-hour training modules.

Practicum hours can also be earned by (a) inviting an SYA Trainer to attend one of your classes, (b) scheduling a private and teaching to an SYA Trainer, and/or (c) recording a class that you are teaching and submitting that recording to an SYA Trainer for review. Compensation for the Trainer's time must be agreed upon between the specific trainer and you.

Electives

Study subjects of your choice (as long as they fit into the 5 categories above).



Non-contact Hours

Non-contact Hours constitute learning that occurs without a Trainer or Faculty member present. All Non-contact Hours must be relevant to one of the five Educational Categories and may include the following:

- Teaching to an underserved population and writing about your experience (3-5 page paper)
- Reading, audio/video or internet resources that are integrated into the curriculum via reports, class discussions, presentations or tests, or the like
- Webinars or courses on yoga-related topics, i.e., YogaUOnline
- Written assignments on yoga-related topics that may be counted for any Educational Categories (except Practicum)
- Group activities including directed discussion, technique practice or teaching practice
- Attending yoga classes outside of the program, with the following stipulations:
 - Your experience in each class must be evaluated in writing (1-2 paragraphs).

Note: personal private practice does not count toward non-contact hours. You will need to provide documentation for any non-contact hour completed outside of SYA.