

Tentative Curriculum and Requirements for RYT Program

The following is a tentative list of topics, assignments and course requirements for the 200 Hour RYT Program (in addition to the ten monthly RYT sessions). Students enrolled in the RYT program must complete all requirements in order to be honored with the 200 Hour Registered Yoga Teacher Training Certificate.

1. Reading The Heart of Yoga and completing all assignments related to it.
2. Reading Light on Yoga and completing all assignments related to it.
3. Reading Teaching Yoga and completing all assignments related to it.
4. Taking in class quizzes most weekends
5. Taking a Mid Term and Final exam.
6. Completing 30 hours of assisting (done during TT weekends)
7. Completing 20 Hours of Yin Yoga teacher training (done during TT weekends)
8. Completing a 3 Hour Ayurveda Workshop/ Training
9. Completing a 3 Hour Chakra Workshop/Training
10. Completing a 4 Hour Restorative Yoga Workshop/Training
11. Assisting in at least 2 yoga classes
12. Attending 4 classes per month (2 of which must be in Jen's class)
13. Completing the Anatomy handouts and quizzes (done during TT weekends)
14. Completing TWO sequencing assignments (done in groups during TT weekends)
15. Completing a 2 hour Prenatal Yoga Training (done during TT weekends)
16. Writing 2 reviews a month on outside yoga classes.
17. Completing all assignments, online quizzes and take home quizzes given during the ten month program.
18. Read and be responsible for material in selected chapters of Yin Yoga, Ashtanga Yoga, The Yoga Sutras, and The Seven Spiritual Laws of Yoga.