



2018 Yoga Alliance Registered 300 Hour Course to Complete 500 Hours

200 Hour Certificate <u>from schools other than Yoga East</u>					
Fill in this section about your 200 Hour certificate if you did NOT train at Yoga East.					
Name of School					
Date Completed					
Yoga Alliance Subjects (* see last page)	T	TM	PR	AP	YPLE
Contact Hours You Received					
Yoga East Required Contact Hours	100	30	20	20	20
Non-Contact Hours					
Yoga East Required Non-Contact Hours	10			5	5
Yoga East Required Total Hours	110	30	20	25	25
Make up hours needed - show here.					
Yoga East 300 Hour Course - Hourly Requirements at a Glance					
Yoga Alliance Subjects (* see last page)	T	TM	PR	AP	YPLE
Classes with Lead Trainer Laura Spaulding	55				
Intermediate Level Classes with Teacher Trainers*	55				
Anatomy & Physiology classes				20	
Teaching Methodology classes		60			
Practice Teaching observed by Laura Spaulding			5		
Practice Teaching observed by other teachers*			5		
Yoga East guest teacher workshops	10	10			
YPLE, Sanskrit, Chanting, Heart of Yoga					60
Required Hours for Certification	120	70	10	20	60
Hours I have obtained.					

A copy of this sheet must be turned in for your credit hours and must match your attendance as shown in our attendance records. Keep the original for your records.

I affirm that I have completed the hours shown above.

Name _____

Dated _____

Name as I want it to appear on my certificate: _____

Classes are Subject to Change without Notice

Although we try our best to set the schedule, the dates, days and times of classes and availability of teachers can change without notice due to circumstances that are beyond our control. Changes sometimes need to be made. Our guest teachers sometimes have to change their schedule, Yoga East teachers sometimes have to travel to India with little advance notice, and sometimes our teachers from India arrive without warning. All of this can cause changes to the schedule.

Yoga Alliance Subjects:

T = Techniques (practice and learning technical details of asanas, mudras and pranayama)

TM = Teaching Methodology (how to safely and effectively teach all levels of students with and without props)

AP = Anatomy & Physiology (anatomical study of the asanas and pranayama along with effects on the body/mind, benefits, contraindications, and understanding common injuries and medical conditions)

YPLE = Philosophy, Ethics & Lifestyle (history, traditions, important texts of yoga, yoga ethics)

Pr = Practicum (supervised practice teaching)

Requirements for Certification:

(1) Completion of Course Hours. Must match your hours in MBO

(2) Payment in full of Course fees.

Make Up Hours:

We have scheduled extra hours in all subjects. You may make up missed hours in other Yoga East workshops and teacher training classes. We will not accept hours from other yoga studios except for Yoga & Sound with Ramanand Patel at AVG; and KPJAYI, Mysore, India; and what is shown on your 200 hr certificate.

Fees:

Class fees are shown online.

Practice Teaching Supervision fee \$400 (pay this when you are ready to start practice teaching).

Membership Rate:

See our website for Membership fees.

Texts for Class:

There are no required texts, but we recommend a few texts that will be helpful for you as a student and teacher. See our complete reading list on our website.

Yoga East Teacher Trainers*

Kim Eisner, Anne Kosko, Kara Price, Susan Reid, Becky Thompson.