

**YOGA AIMS RYS**  
**200-HR TEACHER TRAINING REQUIREMENTS FOR COMPLETION**

Total number of hours to complete training/eligibility for Yoga Alliance registration: **200**

Discussion of Course Materials/Lectures with Lead Trainer: **150 hours**

Elective Materials (References): **10 hours**

Reading Required Books: **10 hours**

Meditation Practice: **10 hours**

Pranayama Practice: **10 hours**

Journaling: **10 hours**

Community/Volunteer Yoga: **10 hours**

Submission of 5 Written Yoga Class Sequence: **5 hours**

Submission of 4 Written Essays: **5 hours**

Practicum 1 (Vinyasa 1): **5 hours**

Practicum 2 (Vinyasa 2): **5 hours**

Practicum 3 (Vinyasa 3): **5 hours**

Practicum 4 (Vinyasa 4): **5 hours**

Practicum 5 (Specialty Yoga): **5 hours**

Passing 87% of Chapter Test (4): **2 hours/test**

Passing 87% of Written Finals: **2 hours**



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