

Revised 200 hour standards

CATEGORY	REQUIRED HOURS	REQUIRED MINIMUM CONTACT HOURS	DESCRIPTION
Techniques Training/Practice	100 hours	75 hours (50 with primary E-RYT SM s*)	Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours must be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas must receive substantial emphasis.
Teaching Methodology	25 hours	15 hours (10 with primary E-RYT SM s*)	Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. May include a maximum of 5 hours on business aspects of teaching yoga.
Anatomy & Physiology	20 hours	10 hours	Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of 5 hours must be spent applying A&P principles to yoga.
Yoga Philosophy/ Lifestyle and Ethics for Yoga Teachers	30 hours	20 hours	Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. A minimum of 2 contact hours must be spent on ethics for yoga teachers.
Practicum	10 hours	5 hours with primary E-RYT SM s *	Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching. A minimum of 5 contact hours must be spent actively teaching (not assisting or observing others teach).
Remaining Hours	15 hours		<i>Hours to be distributed among the categories above according to the school's chosen emphasis (may be contact or non-contact hours).</i>
Remaining Contact Hours		55 hours	Additional contact hours required to meet the overall minimum standards; <i>these hours must be distributed among the first five categories above.</i>
Total Hours	200 hours	180 hours	

*or equivalent

Revised 500 Hour Standards

Note: A 500 hour program is the total *cumulative hours from both* a 200 hour program, and 300 hours of additional advanced non-repetitive training. In addition to the minimum 500-hour curriculum requirements described above, 100 hours of yoga teaching experience are required in order to register as a RYTSM 500.

CATEGORY	REQUIRED HOURS	REQUIRED MINIMUM CONTACT HOURS	DESCRIPTION
Techniques Training/Practice	150 hours	100 hours with primary E- RYT SM s *	Includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. These hours must be a mix between (1) analytical training in how to teach and practice the techniques, and (2) guided practice of the techniques themselves; both areas must receive substantial emphasis.
Teaching Methodology	30 hours	20 hours with primary E- RYT SM s*	Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga. May include a maximum of 5 hours on business aspects of teaching yoga.
Anatomy & Physiology	35 hours	20 hours	Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of 15 hours must be spent applying A&P principles to yoga.
Yoga Philosophy/ Lifestyle and Ethics for Yoga Teachers	60 hours	45 hours	Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. A minimum of 2 contact hours must be spent on ethics for yoga teachers.
Practicum	40 hours	20 hours (10 with primary E- RYT SM s*)	Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching. A minimum of 10 contact hours must be spent actively teaching (not assisting or observing others teach).
Remaining Hours	185 hours		<i>Hours to be distributed among the categories above according to the school's chosen emphasis (may be contact or non-contact hours).</i>
Remaining Contact Hours		245 hours	Additional contact hours required to meet the overall minimum standards; <i>these hours must be distributed among the first five categories above.</i>
Total Hours	500 hours	450 hours	

*or equivalent