

200-Hour Yoga Teacher Training Agenda

Fully Integrated with Yoga Alliance RYT-200 Requirements

Program Overview

Total Contact Hours: 200 hours distributed across five Yoga Alliance categories:

- **Techniques, Training & Practice:** 100 hours minimum (actual: 105 hours)
- **Teaching Methodology:** 25 hours minimum (actual: 30 hours)
- **Anatomy & Physiology:** 20 hours minimum (actual: 25 hours)
- **Yoga Philosophy/Ethics/Lifestyle:** 30 hours minimum (actual: 35 hours)
- **Professional Essentials:** 10 hours minimum (actual: 15 hours)

ORIENTATION DAY

Saturday, September 6, 2025 | 9:00 AM - 3:00 PM (6 hours)

9:00 - 9:30 AM: Welcome & Introductions (*Professional Essentials - 0.5 hrs*)

- Program overview and expectations
- Community building and introductions

9:30 - 10:45 AM: Vinyasa Practice (*Techniques - 1.25 hrs*)

- Full 75-minute foundational Vinyasa class
- Establishing personal practice baseline

10:45 - 11:00 AM: Break

11:00 - 11:45 AM: What is Yoga (And Why Do We Practice)? (*Philosophy - 0.75 hrs*)

- Definition and meaning of yoga
- Personal practice exploration
- Setting intentions for the journey

11:45 AM - 12:00 PM: Break

12:00 - 12:45 PM: Key Dates in Yoga History (*Philosophy - 0.75 hrs*)

- Timeline of yoga development
- Important figures and texts
- Modern yoga evolution

12:45 - 1:30 PM: Lunch Break

1:30 - 2:45 PM: Sun Salutation Breakdown (*Techniques - 1.25 hrs*)

- Surya Namaskara A & B detailed breakdown
- Modifications and variations

2:45 - 3:00 PM: Closing Circle & Homework Assignment (*Professional Essentials - 0.25 hrs*)