

<b>Yoga-Next Standards for Yoga Teachers - Release 2 - 10/21/2014</b>			
	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Required hours of training</b>	350	500	750
<b>Required years of teaching experience</b>	0	5+	10+
	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Techniques</b>			
Asanas	75	90	135
Meditation	15	20	30
Pranayama	15	20	30
Mudras	5	10	15
Bandhas	5	10	15
Mantra/Japa	5	10	15
<b>Teaching Methodology</b>			
Instruction & demo of Asanas	15	20	30
Instruction & demo of Meditation	10	15	20
Instruction & demo of Pranayama	10	15	20
Instruction & demo of Mudras & Bandhas	5	10	15
<b>Anatomy &amp; Physiology (Western)</b>	35	40	50
<b>Anatomy &amp; Physiology (Yogic)</b>	10	20	40
<b>Yoga Philosophy</b>			
Raja Yoga (Yoga Sutras)	15	20	40
Bhakti Yoga	5	10	10
Jnana Yoga	5	10	20
Karma Yoga	5	10	10
<b>Yogic Diet/Ayurveda</b>	15	20	30
<b>Sanskrit</b>		15	30
<b>Business Of Yoga</b>	15	20	25
<b>Ethics of teaching Yoga</b>	10	15	20
<b>Practicum</b>			
Supervised Teaching - Asanas	25	30	45
Supervised Teaching - Meditation	10	15	20
Supervised Teaching - Pranayama	10	15	20
<b>Mentorship with a teacher</b>	20	25	35
<b>Electives</b>	10	15	30
<b>Total Hours</b>	<b>350</b>	<b>500</b>	<b>750</b>

### **Yogic Anatomy & Physiology**

Chakras, Nadis, Kleshas, Pancha Bhutas, Doshas, Dhatus, Gunas

### **Prerequisites for taking a teacher training program**

It is not required but we highly recommend that you practice yoga for 3+ years before you embark on a teacher training program.