

APPENDIX D

TEACHER TRAINING RECORD OF HOURS

200-Hour Program: TriYoga Basics

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Postal code \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

What is the best way to contact you?    Email    Tel    Mail           

Total hours needed for the 200-hour program: 180 contact hours; 20 non-contact hours (see *Certification Handbook*) Since TriYoga is systematized, the 200-hour program is for certification in TriYoga Basics.

Hours are distributed as follows: Technique–100 hours; Teaching Methodology–25 hours; Practicum–25 hours; Anatomy & Physiology–20 hours; Philosophy/Lifestyle–30 hours (20 contact)

Use the grid to document your training into hours using the five categories.

1. Record the date, then under programs list all teacher training workshops that you attend.
2. Record the category, number of hours and teacher.
3. In the last column, the teachers' initials verify contact hours (or keep initialed workshop passes).
4. Give a grand total below each column when your listing is complete.

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Hours	Teacher

For additional page and totals, see next page.

200-hour program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Hours	Teacher
<b>Total hours required</b>		100	25	25	20	30	200	
<b>Total contact hours completed (180)</b>								
<b>Total non-contact hours completed</b>								