

TEACHER TRAINING RECORD OF HOURS

300-Hour Advanced Program: TriYoga Levels 1 & 2

Name _____ Date _____

Address _____

City _____ State _____ Country _____ Postal code _____

Tel _____

Email _____

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

To certify in the advanced 300-hour program, one is a RYT 200, has certified through Level 2 in TriYoga, and has at least 100 hours of classroom teaching experience.

In addition to the 200-hour grid from the Basics certification, one needs to complete the following 300-hour grid: Technique—150 hours (75 each for Levels 1 & 2); Teaching Methodology—30 hours (15 each for Levels 1 & 2); Practicum—30 hours (15 each for Levels 1 & 2); Anatomy & Physiology—15 hours; Philosophy/Lifestyle—30 hours. The additional 45 hours (to equal 300) can be in any of the categories listed. At least 270 of the total (300) hours must be contact hours.

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.

300-Hour Advanced program: Additional page for documentation of hours

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P, E & L	Hours	Teacher
Total hours required		150	30	30	15	30	300	
Total contact hours completed (270+)								
Total non-contact hours completed								

Note: 300 Hours Total (270 contact). Additional 45 hours can be in any category.