

APPENDIX D

TEACHER TRAINING RECORD OF HOURS

200-Hour Program: TriYoga Basics

For the electronic version, go to <http://triyoga.com/triyoga-certification/>

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. Since TriYoga is systematized, the 200-hour program is for certification in TriYoga Basics.
- Hours are distributed into categories as follows: Technique–100 hours; Teaching Methodology–25 hours; Practicum–25 hours; Anatomy & Physiology–20 hours; Philosophy/Ethics/Lifestyle (P,E & L)–30 hours (20 contact)
- For course requirements, see Overview of 200-Hour Program table on page 1 of *Certification Handbook*.
- 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. Under the selected Category, record the number of hours. Add the teacher's name.
 3. Give a grand total below each column when your listing is complete.

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

For additional page and totals, see next page.

200-hour program: Additional page for documentation of hours

Name _____ Date _____

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