

APPENDIX E

TEACHER TRAINING RECORD OF HOURS

300-Hour Advanced Program: TriYoga Levels 1 and 2 or Level 1 and TriYoga Everyone

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

To certify in the advanced 300-hour program, one is a RYT 200, has certified through Level 2, or Level 1 and TriYoga Everyone (TYE). (Also, Yoga Alliance requires at least 100 hours of classroom teaching experience since RYT 200.)

In addition to the 200-hour grid from the Basics certification, one needs to complete the following 300-hour grid. For course requirements, see Overview of 300-Hour Program tables on pages 3 and 4 of *Certification Handbook*.

Technique – 150 hours (75 each for Levels 1 and 2, or 75 each for Level 1 and TYE)

Teaching Methodology – 30 hours (15 each for Levels 1 and 2, or 15 each for Level 1 and TYE)

Practicum – 30 hours (15 each for Levels 1 and 2, or for Level 1 and TYE)

Anatomy and Physiology – 15 hours

Philosophy/Lifestyle – 30 hours

Choose additional hours (to equal 300) from P/L electives or TYE Technique electives. 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. 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/L	Electives*	Teacher

For additional page and totals, see next page.

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

Name _____ Date _____

Date	Programs	Technique	Tch Method	Practicum	Anat/Phys	P/L	Electives*	Teacher
Total hours required		150	30	30	15	30+		
Total contact hours completed (270+)								
Total non-contact hours completed								

* **NOTE:** 300 hours total (270 contact). Additional hours can be from P/L Electives or TYE Technique Electives.