

Yoga-Next Standards for Yoga Teachers - Release 1 - 07/01/2014

	Basic	Intermediate	Advanced
Required hours of training	350	500	750
Required years of teaching experience	0	5+	10+
	Basic	Intermediate	Advanced
Techniques			
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
Teaching Methodology			
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 & Bndhas	5	10	15
Anatomy & Physiology (Western & Yogic)	35	45	70
Subtle body (Chakras, Nadis)		10	20
Yoga Philosophy			
Raja Yoga (Yoga Sutras)	15	20	30
Bhakti Yoga	5	10	15
Jnana Yoga	5	10	15
Karma Yoga	5	10	15
Yogic Diet/Ayurveda	15	20	30
Sanskrit		15	30
Business Of Yoga	15	20	25
Ethics of teaching Yoga	10	15	20
Practicum			
Supervised Teaching - Asanas	25	30	45
Supervised Teaching - Meditation	10	15	20
Supervised Teaching - Pranayama	10	15	20
Mentorship with a teacher	20	25	30
Electives	20	20	40
Total Hours	350	500	750