



How This Program Meets Yoga Alliance Requirements for RYT-200 Hour Certification

Alchemy of Yoga takes great joy in maintaining integrity through alignment to the standards provided by Yoga Alliance. This program offers a complete 180 contact hours with sacred content as follows:

AREA OF FOCUS	YA REQUIREMENT	ALCHEMY OF YOGA PROVIDES	ALCHEMY OF YOGA TT PROGRAM DETAIL
Techniques - Pranayama, Asana, Meditation	100 hrs. (75 contact min./ 50 with lead trainer)	100+ hrs. (85+ contact/ 15 non-contact)	Asana Classes, Earth, Fire, Ether
Teaching Methodology	25 hrs. (15 contact min./ 10 w/ lead trainer)	30+ hrs. (25+ contact/ 5 non-contact)	Online Module, Fire, Ether
Anatomy & Physiology	20 hrs. (10 contact min.)	25 hrs. (20 contact/ 5 non-contact)	Water, Fire, Ether
Philosophy, Ethics, Lifestyle	30 hrs. (20 contact min.)	30 hrs. (25 contact/ 5 non-contact)	Foundation, Earth, Water, Ether
Practicum	10 hrs. (5 contact min./ 5 with lead trainer)	20 hrs. (5+ contact/ 5 non-contact)	Observations, Practice + Assistant Teaching
Balance (Drawn from Above Categories)	15 hrs.	15 hrs.	Graduation, Reading + Homework
TOTAL HOURS	200 hours	220 hours	220 hours total
Contact Hours - Minimum Required	180 hours	180 hours	