



Overview of Study Tracks and Yoga Alliance Requirements

This document provides Alchemy of Yoga's options for self-study and a description of practicum materials based on Yoga Alliance's Requirements to meet RYT-200 Hour Certification standards.

Options for Self-Study

Allowing space for individual growth, Alchemy of Yoga offers two paths of study:

Option 1 includes above aspects of self-study culminating in formal certification through Yoga Alliance with 200-Hour Registered Yoga Teacher (RYT) status. Expectations of students following this immersion-based path include:

- Interest in studying all aspects of yoga: asana, pranayama, meditation, philosophy, history and theory, arising from a wish to deepen your practice and engage in self-study.
- Commitment to attending training sessions and completing additional contact hours including asana classes, observations, assistant teaching, and practice teaching.
- Participation in group activities and contribute to discussions.
- Completion of all homework and practicum requirements.
- Support other students.

Option 2 includes Immersion for serious students looking to deepen their practice and knowledge of yoga asana, meditation, philosophy, and spirit who do not wish to pursue teaching yoga. As a self-study student, differences in your experience include:

- You are not required to submit any homework although it is strongly advised that you complete the assigned readings in order to contribute to group discussions.
- You will not be required to complete the practicum requirements.
- You will not be graded or assessed in accordance with Yoga Alliance standards.
- You will **not** be awarded a 200 Hour Yoga Alliance Teaching Certificate upon completion, however you will be given a certificate of program completion as a reference for future studies or trainings.

Post-Training Mentorship: Alchemy of Yoga understands that a 200-Hour Teacher Training Program is both a deep-dive into yoga + self-study *and* simultaneously just the beginning. We are thrilled to offer ongoing resources and mentorship, including but not limited to:

- Planning a yoga career + business, how to best market yourself while maintaining strong ethical standards and life balance, and how to resolve ethical issues that arise from teaching yoga.

How to Meet Yoga Alliance Requirements for RYT-200 Hour Certification

PRACTICUM:

- 1. Asana Classes:** Participate in Practice Class sessions scheduled into the Teacher Training curriculum.
- 2. Observations:** Complete four hours of observation including: 1) Observe Silvia teaching a one-hour yoga class, 2) Observe a sunrise, 3) Observe a sunset, 4) Observe thoughts that arise during silent mealtime. To receive credit for these observations, please write a brief report detailing your observations and reflections (1-2 paragraphs each).
- 3. Assistant Teaching:** Complete one hour of assistant teaching with Silvia. To receive credit for assistant teaching, please write a brief report detailing your experience (1-2 paragraphs each).
- 4. Practice Teaching & Final Teaching:** Participate in Practice Teaching sessions scheduled into the Teacher Training curriculum. These sessions will culminate in a final teaching session in which you teach a wave of the Alchemy of Yoga class plan to your loving & supportive yoga teacher tribe.
- 5. Sacred Study Project:** Write a report on the chakra(s) or dosha(s) of your choice. You have complete creative freedom in this self-study. The intention is that you dive deeper into the chakra system or the practices of Ayurveda. At minimum, please submit 2-3 pages of personal reflection, but you are encouraged to take the direction that inspires you most.
- 6. Asana Sheets:** Create a photo diary of the following 10 fundamental poses: Adho Mukha Svanasana, Virabhadrasana I, Virabhadrasana II, Utkatasana, Parsvottanasana, Eka Pada Rajakapotasana (any variation), Ardha Matsyendrasana, Plank Asana or Side Plank, Urdhva Mukha Svanasana or Bhujangasana, Setu Bandha Sarvangasana or Urdhva Dhanurasana. In addition to a personal photo that embodies your personal alchemy, please include a description of purposes, benefits, modifications, and cues.
- 7. Final Exam:** The exam is distributed via e-mail part-way through teacher training. It is open-book, open-friend, open-Google, and open-heart. We will create an opportunity to work on the exam together throughout the course of teacher training.
- 8. Final Project:** Imagine you are reaching out to a yoga studio to ask them to hold your workshop or event in their studio space. Create a 10-minute presentation that pitches your workshop or event. While you have complete creative freedom for this project, consider including items such as a flyer/poster, your yoga biography, a class plan, a playlist, a handout for the class, a strategy for social media campaign, and a cover letter. You will receive materials to facilitate the development of these elements throughout the course of teacher training.
- 9. Attendance:** 180 contact hours are required.
- 10. Attitude & Alignment:** As a requirement for certification, each trainee commits to a positive attitude of ahimsa, offering loving kindness and patience to all beings. In addition, each trainee exhibits conscious relationships and ethics in line with Yoga Alliance, please refer to the YA Code of Conduct found here: <https://www.yogaalliance.org/AboutYA/OurPolicies/CodeofConduct>

How to Submit Your Work: Please create a separate document for each practicum requirement — e.g., all observations are in one document, all assistant teaching reflections are in one document, etc. Please title each document with Your Name + Assignment — e.g., Silvia Mordini: Observations. E-mail all assignments to Silvia (silvia@alchemytours.com).

Submission Guidelines: Please submit the above self-study work within six months of completing teacher training.

For each teacher trainee, it takes a different amount of time to complete the program post classroom sessions. Everybody has their own yoga, which Alchemy of Yoga respects and honors. To maximize optimal learning and reinforcement, we recommend that practicum materials are completed within six months of completing teacher training. If you are unable to meet practicum requirements within the suggested timeline, please reach out to silvia@alchemytours.com to design a timeline that best fits your yoga.