

The Yoga Loft

300-Hour Teacher Training Course Requirements

Qualified students may enroll in the 300-Hour Training Program at anytime. Courses are ongoing throughout the year, and current programs available are listed on the website. Students have 3 years to complete all requirements including the following:

Teacher Training Asana Intensives and Workshops - 80 Hours

Advanced/Teachers Practice - 26 Sessions/52 Hours

Yoga Philosophy - 36 Hours

Anatomy and Physiology - 25 Hours

Study of Specialty Topic - 25 Hours (All 25 of these hours must be applied to one topic of focus, rather than spread over multiple topics.)

Workshop Project - 15 Hours

Teaching Assessment & Feedback - 12 Hours

Assisting 500 Hour certified yoga teacher in classes and/or workshops- 25 Hours

Additional Electives - 30 Hours (these can be non-contact hours of study such as online courses)