



## 500-Hour Standards

A Registered Yoga School with a 500-hour program (RYS 500) must incorporate training hours in the following modules:

<b>Hours completed on 200 Hour course</b> .....	<b>200 hours</b>
Min. contact hours.....	180 hours
Min. contact hours w/ Primary SYT ..	125 hours

*If the student has already completed a 200 hour course elsewhere that meets our standards, some schools will accept this before teaching them the below modules. If not, then their training school will have to include the full hours of the 200 hour standards into the 500 hour course.*

<b>Practice and Training</b> .....	<b>120 hours</b>
Min. contact hours.....	80 hours
Min. contact hours w/ Primary SYT ..	80 hours

*Includes progressive practice of traditional Yoga techniques with emphasis on asana, pranayama, kriya, bandha, mudra, chanting, Yoga Nidra and relaxation techniques plus training in how to teach the above.*

<b>Teaching Methodology</b> .....	<b>25 hours</b>
Min. contact hours.....	20 hours
Min. contact hours w/ Primary SYT ..	20 hours

*Learning to observe, demonstrate, motivate, be inclusive and adapt to individual needs. Includes approaches to teaching from other styles or schools.*

<b>Anatomy and Physiology</b> .....	<b>25 hours</b>
Min. contact hours.....	15 hours

Min. contact hours w/ Primary SYT .....0 hours

(a) *This covers current scientific understanding of anatomy and physiology with relevance to yoga techniques including: Nervous System structure and function (somatic, autonomic, sympathetic, parasympathetic, enteric etc.)*

(b) *Energetic concepts based on Tantric and Hatha Yoga. Chinese energy concepts including Taoist Yoga and meridian theory.*

**Yoga Philosophy.....20 hours**

Min. contact hours.....20 hours

Min. contact hours w/ Primary SYT .....0 hours

*Study of influential texts including Bhagavad Gita, Yoga Sutras, Vijnana Bhairava Tantra etc.*

**Yoga Lifestyle.....30 hours**

Min. contact hours.....20 hours

Min. contact hours w/ Primary SYT .....0 hours

*Vegetarian Diet, Ayurveda, Ethics*

**Setting Up Classes.....15 hours**

Min. contact hours.....10 hours

Min. contact hours w/ Primary SYT .....0 hours

*Includes advertising, business sense, promotion, insurance, health and safety and first aid.*

**Remaining Contact Hours.....65 hours**

*Contact hours to be distributed among the above categories as your school chooses.*

**TOTAL HOURS.....500 hours**

Total min. contact hours.....350 hours

Total min. contact hours w/ Primary SYT .....255 hours