

500 Hour Yoga Alliance UK Standards	Minimum Hours		Notes
	Total Hours	Contact Hours	These hours assume the 200 Hours Standards have been met.
Hours completed on 200 Hour Standards	200	180	
Practice and Training 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.	120	80	
Teaching Methodology Learning to observe, demonstrate, motivate, be inclusive, and adapt to individual needs. Includes approaches to teaching from other styles or schools.	25	15	
Anatomy and Physiology 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 systems based on Tantric and Hatha Yoga. Chinese energy concepts including Taoist Yoga and meridian theory.	25	15	At least 10 hours on (a)
Yoga Philosophy Study of influential texts including Bhagavad Gita, Yoga Sutras, Vijnana Bhairava Tantra etc	20	10	
Yoga Lifestyle Vegetarian Diet, Ayurveda, Ethics	30	10	
Setting up classes Includes advertising, business sense, promotion, insurance, health and safety and first aid	10	15	
Total Minimum Hours for above categories	430	325	Minimum of 350 contact hours required
Remaining contact hours to be chosen from above categories	25	25	
Remaining hours to reach minimum standard	45		These can consist of a mixture of contact or non contact hours
Total Hours	500	350	A minimum of 80 hours must be spent with the principal tutor in a dedicated training environment. The remaining contact hours can be taken as approved specialist guest workshops which form part of the training course.