



yoga alliance uk

200 Hour Yoga Alliance UK Standards for Approved Training Providers

	Total Hours	Contact Hours	Notes
Practice and Training: Includes progressive practice of traditional Yoga techniques with emphasis on asana, pranayama, kriya, and bandha plus training on how to teach the above. The ration of practice to training to be approximately 1:1	100	100	Contact hours must take place in a dedicated environment and be taught by principal/senior teachers. Invited approved guest teachers may also contribute to contact hours to a maximum of 20 hours.
Teaching Methodology Learning to observe, demonstrate, motivate, be inclusive and adapt to individual needs.	25	20	
Anatomy and Physiology (a) This covers current scientific understanding of anatomy and physiology with relevance to yoga techniques including: Physiology of Breathing, Inversions and flexibility; Anatomy of asana, alignment; movements; Understanding key muscles of Hatha Yoga and their function. Health benefits/contraindications must be covered in this section. (b) Energetic concepts based on Tantric and Hatha Yoga. Source texts may also be included.	25	15	At least 10 hours to be spent on category (a).
Philosophy and History of Yoga Study of both orthodox and unorthodox (non vedic) branches of yoga. Comparative study of classical yoga and Tantric yoga and its application in contemporary yoga classes.	15	10	
Teaching Experience Observing and assisting in classes taught by qualified teachers. Also includes practicing teaching in a class environment.	15	5	5 hours must be spent actively teaching in the presence of the tutor. The remaining hours can be spent observing and assisting in other teacher's classes.
Tutorials and Assignments Further study of material presented in class. Essays to demonstrate students' understanding. Preparation for future training modules and reading source texts.	20		
Total Minimum hours for above categories	200	150	These are the minimum standards.
Remaining contact hours to be distributed among the above categories as your school chooses		30	
Total Hours	200	180	