



Oshkosh YMCA 200 hr Yoga Teacher Training Graduation Requirements

Coursework, Journal responses, and Assignments

Participants will complete and turn in coursework and assignments at the end of each week to katbettger@oshkoshymca.org

Practice and Coursework Log

Participants will track practice and coursework time and turn in a Practice and Coursework Log at the end of each week to katbettger@oshkoshymca.org

Required Reading and Book Reports

Participants will write a one page report on each of the required texts outlining what stood out to them and their thoughts about each book. Book report due dates are noted in the Assignments.

- 1.The Heart of Yoga
- 2.Angelus
- 3.Eastern Body Western Mind
- 4.Paths to God
- 5.MetaAnatomy

Final Exam

Participants will have one week to complete the Final Exam.

The Final Exam is due at **9am on Friday April 24**

Practicum

Participants will teach a class of their design to the community.

The Practicum will take place on **Saturday May 2**

Class Design

Participants will turn in a class design utilizing a Class Design Template to demonstrate their understanding of the following principles for developing and delivering a safe, effective, and complete class: Aim, Transformation, Intention/Sankalpa, Three-Wave Sequence including, Anatomical Cues and Talking points that tie back to the Aim and Intention.

Certificate of Completion

Upon completion of the requirements, participants will receive a Certificate of Completion that will allow them to register with Yoga Alliance at the RYT-200 hr level. *Registered Yoga Teachers must complete 75 hours of continuing education every three years from the date of their initial registration. This total number of hours is to include: 45 hours teaching yoga, and 30 hours of yoga training.*

**Any students that have an outstanding tuition balance, regardless of completing the other program requirements, will not receive a certificate of completion until the balance is paid in full.*

**May this be an auspicious step on a long and fruitful journey as a yoga teacher.
May this experience be a boon to your life's journey and may it benefit all.**