

YOGA ACADEMY'S TEACHER TRAINING OVERVIEW

PROGRESSIONS	DESCRIPTION	MONTHS	HOURS	CERTIFICATES
Junior	Achieved minimum hours for RYT200 plus 200 hours class room practice	6	400	Yoga Alliance RYT200 Yoga Academy YA400
Intermediate level One	Achieved minimum hours for RYT300 (270 contact, 30 non contact)		300	Yoga Alliance RYT300 (RYT500 with 100 hours teaching practice)
Intermediate level Two	Achieved minimum hours for RYT200 plus RYT300 plus 200 hours classroom practice	12	800	Yoga Academy YA800
level One Advanced	Achieved minimum hours for Yoga Academy Apprenticeship	24		Yoga Academy Apprenticeship
level Two Advanced	Yoga Academy mentor scheme plus Yoga Alliance Continuing Education Courses			E-RYT500 plus YACEP'S (2000 hours teaching practice)

