



Yoga Alliance Ltd Registered Trade Marks

Standards for Teacher Training RYS-200hr

Breakdown of the 200 hours for teaching:

- Techniques and Teaching Practice – 130 hrs
- Teaching Methodology – 20 hrs
- Anatomy, Physiology, Biomechanics – 20 hrs
- Practical Teaching TT Students – 5 hrs
- Code of Ethics for Yoga Teachers -5 hrs
- Anatomy, Physiology, Biomechanics (20 hours can be online)
- Total Teaching hours: 200, Total contact hours 90%

Standards for Teacher Training RYS-250hr PLUS

Level 1 Advanced

Breakdown of the 250 hours for teaching:

- Techniques and Teaching Practice – 150 hrs
- Teaching Methodology – 20 hrs
- Anatomy, Physiology, Biomechanics – 35 hrs
- Practical Teaching TT Students – 15 hrs
- Code of Ethics for Yoga Teachers -5 hrs

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The Global Society for peace

& Spiritual Science (GSPSS)

www.gspss.org , info@gspss.org.au +61434560379

- Anatomy, Physiology, Biomechanics (15 hours can be online)
- Total Teaching hours: 250

Standards for Teacher Training RYS-350hr PLUS

Level 2 Advanced

Breakdown of the 350 hours for teaching:

- Techniques and Teaching Practice – 170 hrs



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- Teaching Methodology – 20 hrs
 - Anatomy, Physiology, Biomechanics – 35 hrs
 - Practical Teaching TT Students – 25 hrs
 - Code of Ethics for Yoga Teachers -5 hrs
 - Anatomy, Physiology, Biomechanics (15 hours can be online)
 - Yoga Philosophy :20hrs.
 - Total Teaching hours: 350, Total Contact hours ;90%
- Standards for Teacher Training RYS-500hr PLUS

Level 3 Advanced

Breakdown of the 500 hours for teaching:

- Techniques and Teaching Practice – 200 hrs
- Teaching Methodology – 50 hrs
- Anatomy, Physiology, Biomechanics – 50 hrs
- Practical Teaching TT Students – 50 hrs
- Code of Ethics for Yoga Teachers -30 hrs
- Anatomy, Physiology, Biomechanics (20 hours can be online)
- Yoga and modern health & epidemic:100The Happy Yoga
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- Total Teaching hours: 500, Total contact teaching hours:90%

Standards for Teacher Training RYS-1500hr

Breakdown of the 1500 hours for teaching:

- Techniques and Teaching Practice – 900 hrs
- Teaching Methodology – 100 hrs
- Anatomy, Physiology, Biomechanics – 100 hrs



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- Practical Teaching TT Students – 150 hrs
- Code of Ethics for Yoga Teachers -50 hrs
- Anatomy, Physiology, Biomechanics (50 hours can be online)
- Yoga and modern health & epidemic:100
- Yoga research: 50
- Total Teaching hours: 1500, Total contact teaching hours:90%