



## 300-Hour Mentored Teacher Training Program, Leading to Eligibility to Register as a RYT 500

The Integral Yoga® Academy at Satchidananda Ashram - Yogaville offers graduates of Integral Yoga Hatha Basic Teacher Training (TT) a 300-hour course of study that provides:

1. Individual, customized options for completing the additional 300 hours of teacher training required to apply for Yoga Alliance's\* RYT-500 and E-RYT 500 credentials.
2. A partial rebate\* on the tuition costs of the trainings, once you have completed the program
3. Guidance from an experienced mentor, who will help you select and schedule your continued course of study, and help you fulfill your teaching goals with confidence and efficiency

One of the most respected schools of Yoga teacher training in the world, Integral Yoga maintains four Registered Yoga Schools (RYS®) with Yoga Alliance. Integral Yoga teacher training has been offered for more than 40 years, and there are over 5,000 Integral Yoga teachers worldwide.

Integral Yoga is a pioneer as a healing modality in the west, and we offer programs that address special populations and common health challenges. Students can specialize in teaching yoga to specific populations by choosing from our listing of TTs and Therapeutic Yoga programs listed at [www.yogaville.org](http://www.yogaville.org) and on the web sites of Integral Yoga Institutes and Centers. These listings include the approximate number of Yoga Alliance contact hours for which each program or TT is eligible.

### Details and program highlights:

- In order to ensure a strong foundation in Integral Yoga teachings, it is required that your 300 hours of training include either Intermediate TT or Raja Yoga TT.
- The remainder of your curriculum may be customized from a selected list of Integral Yoga trainings, under the guidance of your mentor, to meet your goals as a yoga teacher.
- Trainings taken at other Integral Yoga locations may count toward the 300 hours
- Teachers who have completed RYT 200 level trainings from other traditions may also apply to the mentored, 300-hour certification program.
- There is a non-mentored option for teachers who have already completed the requirements listed above and seek to register with Yoga Alliance at the RYT 500 level.

Please contact us for more information, to speak with a mentor, or to receive an application form.

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Basic Teacher Training opens the door to dozens of opportunities for additional training and continuing education. Although it's exciting to see the yoga teacher and yoga therapist professions growing so quickly, the range of choices, designations, credentials and pathways (see *graphic below*) can be confusing and even overwhelming. The Integral Yoga Teachers Association (IYTA) is here to help! One of the main services that we offer is mentorship and guidance to IY teachers on continuing education. Specifically, IYTA can help:

- Familiarize you with the Integral Yoga Academy's curriculum and certification programs
- Customize your continuing education to match your teaching goals
- Navigate the complex and changing requirements of credentialing organizations

Please call 434-969-3121, ext.177 or send an email to [membership@iyta.org](mailto:membership@iyta.org) for details. **We welcome your inquiries and look forward to helping you reach your professional and personal goals!**

## Professional Development Pathways for Integral Yoga Teachers

