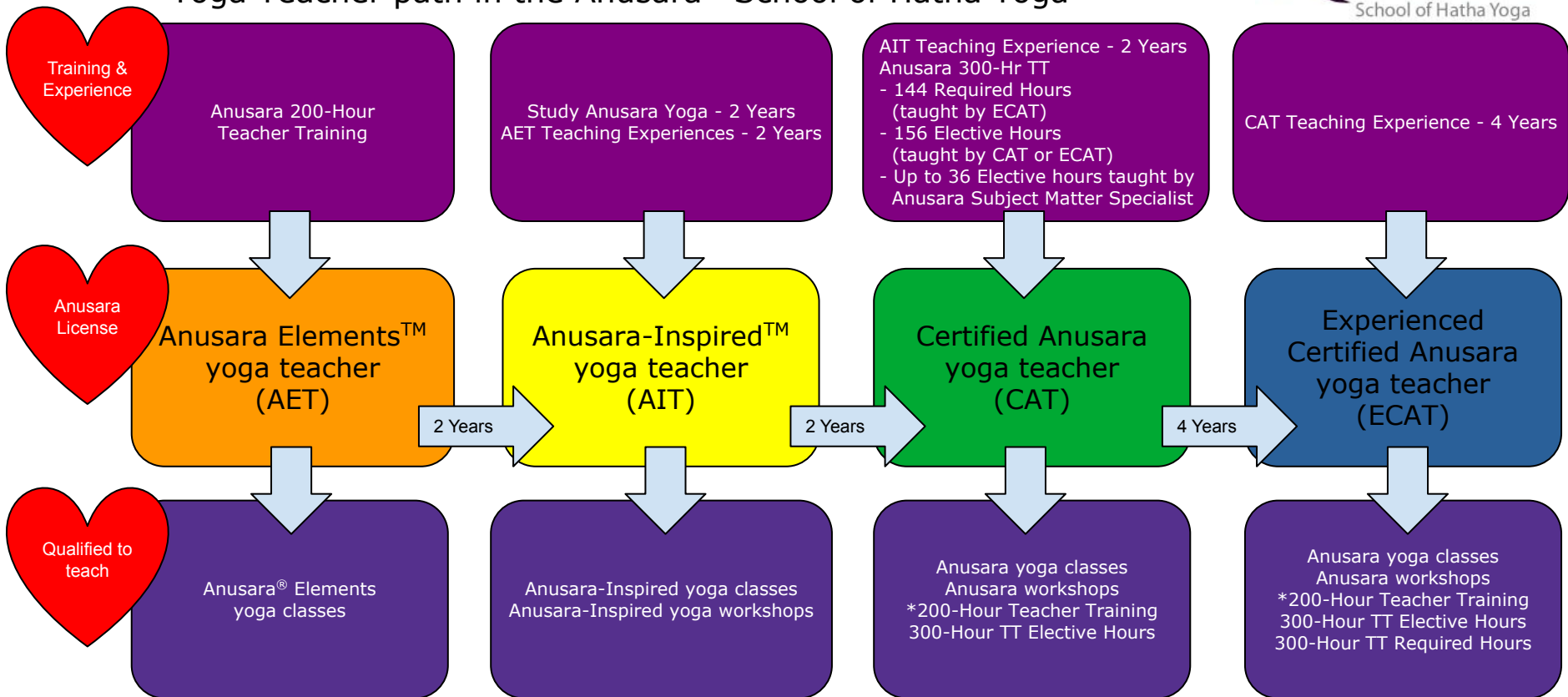


PROFESSIONAL DEVELOPMENT CONTINUUM

Yoga Teacher path in the Anusara® School of Hatha Yoga



* Must have one year of teaching experience as a CAT, assisted one 200-Hour Teacher Training**, and taught one workshop on the Universal Principles of Alignment™.

** Assisting a 200-Hour Teacher Teacher Training may be completed while teaching as an AIT and may count towards 156 Elective Hours (of the 300-Hour Teacher Training).