

ASHY 300-HOUR CERTIFICATION PROCESS

for Applications Submitted on or after January 1, 2018

PHASE ONE

Taught by ASHY
Certified
Advanced
Teacher Trainer

- REQUIRED MODULES:
- Teaching with the UPA's
- Teaching with a Theme
- Observation and Adjustment
- Sequencing
- Methodology and Co-Mentoring

Taught by ASHY
CATT or licensed
Subject Matter
Specialist

- REQUIRED MODULES:
- Philosophy (24 hours)
- Anatomy (24 hours)
- Teaching Meditation
- Teaching Pranayama
- Women and Yoga
- Yoga for Seniors

Taught by ASHY
CATT or Certified
teacher OR
SMS in their
specialty
(maximum 36
hours).

- 132 ELECTIVE HOURS
- 132 Hours